



Training for 42km

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1	7km hill	Strenght training	3 x 2km	Strenght training	7km fartlek	10km	Rest	30km
Week 2	8km hill	Strenght training	3 x 2km	Strenght training	8km fartlek	12km	Rest	34km
Week 3	9km hill	Strenght training	3 x 2km	Strenght training	9km fartlek	14km	Rest	38km
Week 4	9km hill	Strenght training	3 x 2km	Strenght training	9km fartlek	17km	Rest	41km
Week 5	9km hill	Strenght training	4 X 2km	Strenght training	9km fartlek	20km	Rest	46km
Week 6	10km hill	Strenght training	4 X 2km	Strenght training	10km fartlek	23km	Rest	51km
Week 7	11km hill	Strenght training	4 X 2km	Strenght training	11km fartlek	25km	Rest	55km
Week 8	8km hill	Strenght training	4 X 2km	Strenght training	8km fartlek	21km	Rest	45km
Week 9	8km hill	7km race pace	4 X 2km	Strenght training	8km fartlek	27km	Rest	58km
Week 10	8km hill	9km race pace	4 X 2km	Strenght training	8km fartlek	30km	Rest	63km
Week 11	9km hill	10km race pace	3 x 2km	Strenght training	9km fartlek	33km	Rest	67km
Week 12	9km hill	Strenght training	3 x 2km	Strenght training	9km fartlek	29km	Rest	53km
Week 13	9km hill	10km race pace	3 x 2km	Strenght training	9km fartlek	33km	Rest	67km
Week 14	9km hill	Strenght training	3 x 2km	Strenght training	9km fartlek	27km	Rest	51km

Week 15	9km hill	Strenght training	3 x 2km	Strenght training	9km fartlek	24km	Rest	48km
Week 16	5km hill	Strenght training	5km	Strenght training	Rest	Race	Rest	52km