

## Runner's Plan for the 9.7 km & 10.8 km

| Week       | Monday              |        | Tuesday |        | Wednesday |        | Thursday            |        | Friday  |        | Saturday |        | Sunday   |        | Weekly total |        |
|------------|---------------------|--------|---------|--------|-----------|--------|---------------------|--------|---------|--------|----------|--------|----------|--------|--------------|--------|
|            | Planned             | Actual | Planned | Actual | Planned   | Actual | Planned             | Actual | Planned | Actual | Planned  | Actual | Planned  | Actual | Planned      | Actual |
| 02.03.2015 | stretching and core |        |         |        | 4         |        | stretching and core |        |         |        | 5        |        | 4        |        | 13           |        |
| 09.03.2015 | stretching and core |        |         |        | 4         |        | stretching and core |        |         |        | 6,5      |        | 4        |        | 14,5         |        |
| 16.03.2015 | stretching and core |        |         |        | 4         |        | stretching and core |        |         |        | 8        |        | 4        |        | 16           |        |
| 23.03.2015 | stretching and core |        |         |        | 4         |        | stretching and core |        |         |        | 9,5      |        | 4        |        | 17,5         |        |
| 30.03.2015 | stretching and core |        |         |        | 4         |        | stretching and core |        |         |        | 8        |        | 4        |        | 16           |        |
| 06.04.2015 | stretching and core |        |         |        | 4         |        | stretching and core |        |         |        | 6        |        | 4        |        | 14           |        |
| 13.04.2015 | stretching and core |        |         |        | 4         |        | stretching and core |        |         |        | Rest     |        | Race Day |        |              |        |
| 19.04.2015 | Run Day             |        |         |        |           |        |                     |        |         |        |          |        |          |        |              |        |