

<p>Week 1:</p> <p>Speed Intervals: 8 x 500m / Rest: 3:30min</p> <p>Steady distance: ~8 - 15km (22-25spm)</p> <p>Endurance Intervals: 5 x 1500m / Rest: 5min</p> <p>Steady distance: ~8 -15km (22-25spm)</p> <p>Hard distance: +5km (+25spm)</p> <p>Steady distance: ~8 - 15km (22-25spm)</p> <p>Rest</p>	<p>Week 2:</p> <p>Speed Intervals: 250m, 500m, 750m, 1k, 750m, 500m, 250m / Rest: 1:30min per 250m</p> <p>Steady distance: ~8 - 15km (22-25spm)</p> <p>Endurance intervals: 4 x 2000m / Rest: 5min</p> <p>Steady distance: ~8 - 15km (22-25spm)</p> <p>Hard distance: +5km (+25spm)</p> <p>Steady distance: ~8 -15km (22-25spm)</p> <p>Rest</p>	<p>Week 3:</p> <p>Speed Intervals: 4 x 1000m / Rest: 5min</p> <p>Steady distance: ~8 - 15m (22-25spm)</p> <p>Endurance Intervals: 3km, 2.5km, 2km / Rest: 5min</p> <p>Steady distance: ~8 - 15km (22-25spm)</p> <p>Hard distance: +5km (+25spm)</p> <p>Steady distance: ~8 - 15km (22-25spm)</p> <p>Rest</p>
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