

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Aerobic Endurance	Medium CR	Short-Medium CR	Medium CR	Short CR	Medium CR	Long CR	Rest/Light exercise
Mobility	Mobility #1	Mobility #2	Mobility #1	Mobility #2	Mobility #1	Mobility #2	
General Strength	Circuit	Core	Circuit	Core	Circuit	Core	
Speed	Strides		Strides		Hill Sprints		

### Aerobic Endurance Volumes

							<b>Total</b>		
<b>Beginner / Post injury</b>							<b>Minutes</b>	<b>Km</b>	
A	30'-35'	30'-35'	30'-35'	rest	30'-35'	30'-35'	rest	150'-175'	30-45
B	30'-35'	30'-35'	30'-35'	30'-35'	30'-35'	45'-60'	rest	195'-235'	35-60
<b>More than 2 years organized consistent training</b>									
C	40-50'	30-50'	40-50'	30'-35'	40-50'	60'-75'	rest	240'-305'	45-80
D	45'-55'	35'-55'	45'-55'	30'-35'	45'-55'	75-90'	rest	275'-325'	50-85
E	50'-60'	40'-60'	50'-60'	30'-40'	50'-60'	75-90'	rest	295'-360'	55-90
F	50'-60'	45'-60'	50'-70'	30'-40'	50'-70'	75-90'	rest	320'-505'	60-85
extra 1-3 x	30'-45'		30'-45'		30'-45'				
<b>5000m/10000m/Marathon</b>									
G	60'-75'	60'-75'	45'-75'	45'-60'	60'-75'	90'-120'	rest	390'-605'	80-150
extra 1-3 x	30'-45'		30'-45'	30'-45'					