



Runner's Plan for the 4 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				2		stretching and core				2		3		7	
09.03.2015	stretching and core				2		stretching and core				2,5		3		7,5	
16.03.2015	stretching and core				2		stretching and core				2,5		3,5		8	
23.03.2015	stretching and core				2		stretching and core				2,5		4		8,5	
30.03.2015	stretching and core				2		stretching and core				2,5		4		8,5	
06.04.2015	stretching and core				2		stretching and core				2,5		3		7,5	
13.04.2015	stretching and core				2		stretching and core				Rest		Race Day			
19.04.2015	Run Day															