

January

Tuesday 7 th	2 x 8 minute, 1 x 4 minute, 2 x 1 minute
Tuesday 14 th	20 minute test run (flat)
Tuesday 21 st	3 x 8 minute, 1 x 4 minute, 2 x 1 minute
Tuesday 28 th	4 x 8 minute, 1 x 4 minute, 2 x 1 minute (staffette runners can skip some 😊)

Thursdays 40 minutes chill run (ca 6 min pace)

Weekend of choice – 1:30 hr group run

Important races: Staffette 26th January / ?

February

Tuesday 4 th	Finnenbahn – 1 x 4 laps, 1 x 2 laps, 2 x 1 lap
Tuesday 11 th	Finnenbahn – 1 x 4 laps, 2 x 2 laps, 2 x 1 lap
Tuesday 18 th	Finnenbahn – 2 x 4 laps, 2 x 2 laps, 4 x 1 lap
Tuesday 25 th	Finnenbahn – 1 x 4 laps, 1 x 2 laps, 2 x 1 lap

Thursdays 40 minutes chill run (ca 6 min pace)

Weekend of choice – 1:30 hr group run

Important races: ?

March

Tuesday 4 th	Flat with final uphill – (ca 1000m / ca 500m / ca 250 m + uphill) x 1 + technical training.
Tuesday 11 th	Flat with final uphill – (ca 1000m / ca 500m / ca 250 m + uphill) x 2 (ski marathonists can skip some 😊)
Tuesday 18 th	Flat with final uphill – (ca 1000m / ca 500m / ca 250 m + uphill) x 3
Tuesday 25 th	Flat with final uphill – (ca 1000m / ca 500m / ca 250 m + uphill) x 3 - Fast recovery

Thursdays 50 minutes chill run (ca 6 min pace) (possibility to do 30 mins)

2 Weekends of choice – 1:30 hr group run

Try to do 1 strenght (gym) training per week 😊 .

Important races: Skimarathon 9th of march / ?

April

Tuesday 1 st	20 min – 4 x 8 min intervals
Tuesday 8 th	(2000 / 1000 / 600 / 300) * 2 in track field
Tuesday 15 th	20 min – 6 x 8 min intervals
Tuesday 22 nd	(2000 / 1000 / 600 / 300) * 2 in track field
Tuesday 29 th	(3 x 200m resting 30s) x 3

Thursdays 1 hr chill run (ca 6 min pace) (possibility to do 30 mins)

2 Weekends of choice – 1:30 hr group run

Try to do 1 strenght (gym) training per week 😊 .

Important races: Zurich Marathon 13th April / ?

May

Tuesday 6 th	(3 x 200m resting 30s) x 3
Tuesday 13 th	Relay games – Mandatory Training!
Tuesday 20 th	1 hr chill run
Tuesday 27 th	20 min test run

Thursdays 1 hr chill run (ca 6 min pace) (possibility to do 30 mins)

Important Races: SOLA May 17th!! / ?

June

Tuesday 3 rd	10 min / 600 m / 60 m test runs
Tuesday 10 th	Long run
Tuesday 17 th	Long run
Tuesday 24 th	Long run

Important Races: ?