

Hold 3

10 km 45 - 52 min

Marathon race day: Søndag 23-04-2017

10:00 min 04:25 /km

13,58 km/t

2,264 km

01:00:00 time 05:00 /km

12,00 km/t

12,000 km

Tempo

| | | | |
|------|-------|---|-------|
| An4 | 04:16 | - | |
| An3 | 04:25 | - | 04:18 |
| An2 | 04:38 | - | 04:26 |
| An1 | 04:53 | - | 04:39 |
| AT | 05:00 | - | 04:54 |
| Ae3 | 05:09 | - | 05:01 |
| Ae2 | 05:37 | - | 05:10 |
| Ae1 | 06:15 | - | 05:38 |
| Rest | 07:08 | - | 06:16 |

Estimeret konkurrence tider

| | | |
|------|-------|----------|
| 3km | 04:25 | 13:15 |
| 5km | 04:38 | 23:10 |
| 10km | 04:53 | 48:50 |
| AT | 05:00 | 01:45:29 |
| MT | 05:19 | 03:44:20 |



Grundtræning Marathon Uge 1

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|-----------------|--------|--------------------------|--------|--------------|--------------|--------------|
| Tirsdag: | 18-10-2016 | S. 140 | D.2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 05:00 | Ae3 | 05:09 | - 05:01 = | 05:05 | 0,984 | 00:00 | 0,984 |
| 02:00 | Teknikøvelser: | | Fodledsjog - stigeløb | | 0,200 | | 0,200 |
| 02:00 | 3 x leg speed: | | 100 m sprint - 90% | | 0,300 | | 0,300 |
| 02:00 | 3 x HIT Shuttle | | 100 m sprint - vendinger | | 0,300 | | 0,300 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 03:00 | AT | 05:00 | - 04:54 = | 04:57 | 0,606 | 00:00 | 0,606 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| | | | | gns | <u>06:29</u> | <u>06:29</u> | <u>9,106</u> |
| <u>00:59:00</u> | | | | | | | |

| | | | | Middel | | Selvvalgt | |
|-----------------|----------------|--------|-----------------------|--------|--------------|--------------|---------------|
| Torsdag: | 20-10-2016 | S. 140 | D.4 | Tempo | km | Tempo | km |
| 10:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 1,567 | 00:00 | 1,567 |
| 02:00 | Teknikøvelser: | | Fodledsjog - stigeløb | | 0,200 | | 0,200 |
| 15:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 2,821 | 00:00 | 2,821 |
| 10:00 | jog | 07:08 | - 06:16 = | 06:42 | 1,493 | 00:00 | 1,493 |
| 15:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 2,821 | 00:00 | 2,821 |
| 10:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 1,567 | 00:00 | 1,567 |
| | | | | gns | <u>05:55</u> | <u>05:55</u> | <u>10,468</u> |
| <u>01:02:00</u> | | | | | | | |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|--------|-----------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 140 | D.7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 15:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 2,525 | 00:00 | 2,525 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 15:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 2,525 | 00:00 | 2,525 |
| 05:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 0,927 | 00:00 | 0,927 |
| | | | | gns | <u>06:08</u> | <u>06:08</u> | <u>13,055</u> |
| <u>01:20:00</u> | | | | | | | |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 2

Grundtræning Marathon Uge 2

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--|--------|-----------|--------|--------------|--------------|---------------|
| Tirsdag: | 25-10-2016 | S. 141 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 4 x leg speed: 100 m sprint - 90% | | | | 0,400 | | 0,400 |
| 02:00 | 3 x Cross drills: 8x15 m sprint, vendinger | | | | 0,360 | | 0,360 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 03:00 | AT | 05:00 | - 04:54 = | 04:57 | 0,606 | 00:00 | 0,606 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:04:00 | | | | gns | 06:18 | 06:18 | 10,163 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-------------------------------------|--------|-----------|--------|--------------|--------------|--------------|
| Torsdag: | 27-10-2016 | S. 141 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 02:00 | 5 x styrkeløb 60 m bakkespurt + jog | | | | 0,300 | | 0,300 |
| 05:00 | AT-An1 | 05:00 | - 04:39 = | 04:50 | 1,036 | 00:00 | 1,036 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 05:00 | AT-An1 | 05:00 | - 04:39 = | 04:50 | 1,036 | 00:00 | 1,036 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 00:57:00 | | | | gns | 06:10 | 06:10 | 9,237 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|--------|-----------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 141 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 15:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 2,525 | 00:00 | 2,525 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 01:30:00 | | | | gns | 06:04 | 06:04 | 14,824 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 1

Grundtræning Marathon Uge 3

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|---------------------------------------|--------|-----------|--------|--------------|--------------|---------------|
| Tirsdag: | 01-11-2016 | S. 142 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 10:00 | Ae3 | 05:09 | - 05:01 = | 05:05 | 1,967 | 00:00 | 1,967 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 03:00 | 6 x leg speed: 100 m sprint - 90% | | | | 0,600 | | 0,600 |
| 02:00 | 3 x Hollow sprint: 30/30 m sprint/jog | | | | 0,720 | | 0,720 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 03:00 | AT | 05:00 | - 04:54 = | 04:57 | 0,606 | 00:00 | 0,606 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:05:00 | | | | gns | 06:01 | 06:01 | 10,810 |

| | | | | Middel | | Selvvalgt | |
|-----------------|--------------------------------------|--------|-----------|--------|--------------|--------------|---------------|
| Torsdag: | 03-11-2016 | S. 142 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 |
| 10:00 | jog | 07:08 | - 06:16 = | 06:42 | 1,493 | 00:00 | 1,493 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 |
| 20:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 01:12:00 | | | | gns | 06:09 | 06:09 | 11,721 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|--------|-----------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 142 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 01:40:00 | | | | gns | 06:06 | 06:06 | 16,412 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 70 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 2

Grundtræning Marathon Uge 4

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|----------------|--------|-----------------------|--------|--------------|--------------|---------------|
| Tirsdag: | 08-11-2016 | S. 143 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 05:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 0,940 | 00:00 | 0,940 |
| 02:00 | Teknikøvelser: | | Fodledsjog - stigeløb | | 0,200 | | 0,200 |
| 04:00 | 8 x leg speed: | | 100 m sprint - 90% | | 0,800 | | 0,800 |
| 02:00 | 3 x Pyramide: | | 250 m sprint, jog | | 0,750 | | 0,750 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 05:00 | AT | 05:00 | - 04:54 = | 04:57 | 1,010 | 00:00 | 1,010 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:03:00 | | | | gns | 06:03 | 06:03 | 10,417 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---------------|--------|-----------------------|--------|--------------|--------------|---------------|
| Torsdag: | 10-11-2016 | S. 143 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 02:00 | 8 x styrkeløb | | 60 m bakkespurt + jog | | 0,480 | | 0,480 |
| 05:00 | AT-An1 | 05:00 | - 04:39 = | 04:50 | 1,036 | 00:00 | 1,036 |
| 04:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,597 | 00:00 | 0,597 |
| 05:00 | AT-An1 | 05:00 | - 04:39 = | 04:50 | 1,036 | 00:00 | 1,036 |
| 04:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,597 | 00:00 | 0,597 |
| 05:00 | AT-An1 | 05:00 | - 04:39 = | 04:50 | 1,036 | 00:00 | 1,036 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:05:00 | | | | gns | 05:58 | 05:58 | 10,901 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|--------|-----------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 143 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 15:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 2,525 | 00:00 | 2,525 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 01:30:00 | | | | gns | 06:04 | 06:04 | 14,824 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 80 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 3

Grundtræning Marathon Uge 5

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--|---------------|-------------|---------------|--------------|------------------|--------------|
| Tirsdag: | 15-11-2016 | S. 144 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 03:00 | 4 x leg speed: 100 m sprint - 90% | | | | 0,400 | | 0,400 |
| 02:00 | 4 x Pro Agility: 40 m sprint - vendinger | | | | 0,160 | | 0,160 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 03:00 | AT | 05:00 | - 04:54 = | 04:57 | 0,606 | 00:00 | 0,606 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:05:00 | | | | gns | 06:31 | 06:31 | 9,963 |

| | | | | Middel | | Selvvalgt | |
|-----------------|--------------------------------------|---------------|-------------|---------------|--------------|------------------|---------------|
| Torsdag: | 17-11-2016 | S. 144 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 |
| 10:00 | jog | 07:08 | - 06:16 = | 06:42 | 1,493 | 00:00 | 1,493 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 |
| 10:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 1,567 | 00:00 | 1,567 |
| 01:02:00 | | | | gns | 06:06 | 06:06 | 10,154 |

| | | | | Middel | | Selvvalgt | |
|------------------|-----|---------------|-------------|---------------|--------------|------------------|---------------|
| Lang tur: | | S. 144 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 15:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 2,525 | 00:00 | 2,525 |
| 05:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 0,927 | 00:00 | 0,927 |
| 01:25:00 | | | | gns | 06:07 | 06:07 | 13,897 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|----------------|---------|-------|-----------|---------------|-----------|------------------|-----------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 40 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|----------------|---------|-------|-----------|---------------|-----------|------------------|-----------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 4

Grundtræning Marathon Uge 6

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--|--------|-----------|--------|--------------|--------------|---------------|
| Tirsdag: | 22-11-2016 | S. 145 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 03:00 | 5 x leg speed: 100 m sprint - 90% | | | | 0,500 | | 0,500 |
| 03:00 | 4 x Cross drills: 8x15 m sprint, vendinger | | | | 0,480 | | 0,480 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 05:00 | AT | 05:00 | - 04:54 = | 04:57 | 1,010 | 00:00 | 1,010 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:08:00 | | | | gns | 06:18 | 06:18 | 10,787 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---|--------|-----------|--------|--------------|--------------|---------------|
| Torsdag: | 24-11-2016 | S. 145 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 02:00 | 6 x styrkeløb 60 m bakkespurt + jog | | | | 0,360 | | 0,360 |
| | 4 X 3 min AT-An1, intervalpause 3 min jog | | | | | | |
| 12:00 | AT-An1 | 05:00 | - 04:39 = | 04:50 | 2,487 | 00:00 | 2,487 |
| 09:00 | jog | 07:08 | - 06:16 = | 06:42 | 1,343 | 00:00 | 1,343 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:03:00 | | | | gns | 06:07 | 06:07 | 10,309 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|--------|-----------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 145 | D. 7 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 20:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 15:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 2,782 | 00:00 | 2,782 |
| 15:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 15:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 2,525 | 00:00 | 2,525 |
| 05:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 0,927 | 00:00 | 0,927 |
| 01:25:00 | | | | gns | 06:02 | 06:02 | 14,078 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 5

Grundtræning Marathon Uge 7

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|---------------------------------------|---------|---------|--------|--------------|--------------|---------------|
| Tirsdag: | 29-11-2016 | S. 146 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 10:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 04:00 | 7 x leg speed: 100 m sprint - 90% | | | | 0,700 | | 0,700 |
| 02:00 | 4 x Hollow sprint: 30/30 m sprint/jog | | | | 0,960 | | 0,960 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 05:00 | AT | 05:00 - | 04:54 = | 04:57 | 1,010 | 00:00 | 1,010 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:08:00 | | | | gns | 05:56 | 05:56 | 11,467 |

| | | | | Middel | | Selvvalgt | |
|-----------------|--------------------------------------|---------|---------|--------|--------------|--------------|---------------|
| Torsdag: | 01-12-2016 | S. 146 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 20:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 3,762 | 00:00 | 3,762 |
| 10:00 | jog | 07:08 - | 06:16 = | 06:42 | 1,493 | 00:00 | 1,493 |
| 15:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 2,821 | 00:00 | 2,821 |
| 10:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 1,567 | 00:00 | 1,567 |
| 01:17:00 | | | | gns | 05:56 | 05:56 | 12,975 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|---------|---------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 146 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 25:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 4,208 | 00:00 | 4,208 |
| 10:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 25:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 4,208 | 00:00 | 4,208 |
| 05:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 0,927 | 00:00 | 0,927 |
| 01:40:00 | | | | gns | 06:05 | 06:05 | 16,421 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 6

Grundtræning Marathon Uge 8

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--------------------------------------|--------|-----------|--------|--------------|--------------|---------------|
| Tirsdag: | 06-12-2016 | S. 147 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 03:00 | 8 x leg speed: 100 m sprint - 90% | | | | 0,800 | | 0,800 |
| 03:00 | 4 x Pyramide: 250 m sprint, jog | | | | 1,000 | | 1,000 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 05:00 | AT | 05:00 | - 04:54 = | 04:57 | 1,010 | 00:00 | 1,010 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:08:00 | | | | gns | 05:52 | 05:52 | 11,607 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---|--------|-----------|--------|--------------|--------------|---------------|
| Torsdag: | 08-12-2016 | S. 147 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 04:00 | 8 x styrkeløb 60 m bakkespurt + jog | | | | 0,480 | | 0,480 |
| | 5 x 4 min AT-An1, intervalpause 4 min jog | | | | | | |
| 20:00 | AT-An1 | 05:00 | - 04:39 = | 04:50 | 4,145 | 00:00 | 4,145 |
| 16:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,388 | 00:00 | 2,388 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:20:00 | | | | gns | 06:06 | 06:06 | 13,131 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|--------|-----------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 147 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 30:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 5,049 | 00:00 | 5,049 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 25:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 4,208 | 00:00 | 4,208 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 01:50:00 | | | | gns | 06:03 | 06:03 | 18,190 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 7

Grundtræning Marathon Uge 9

Hold 3

10 km 45 - 52 min

| | | | | Middel | | | Selvvalgt | | |
|-----------------|--|--------|-----------|--------|--------------|---------------|---------------|--------------|---------------|
| Tirsdag: | 13-12-2016 | S. 148 | D. 2 | Tempo | km | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 | 00:00 | 2,985 |
| 04:00 | Ae3 | 05:09 | - 05:01 = | 05:05 | 0,787 | 00:00 | 0,787 | 00:00 | 0,787 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 | | 0,200 |
| 02:00 | 4 x leg speed: 100 m sprint - 90% | | | | 0,400 | | 0,400 | | 0,400 |
| 01:00 | 4 x Pro Agility: 40 m sprint - vendinger | | | | 0,160 | | 0,160 | | 0,160 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 | 00:00 | 0,746 |
| | 3 x 3 min AT, intervalpause 1½ min jog | | | | | | | | |
| 09:00 | AT | 05:00 | - 04:54 = | 04:57 | 1,818 | 00:00 | 1,818 | 00:00 | 1,818 |
| 03:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,448 | 00:00 | 0,448 | 00:00 | 0,448 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 | 00:00 | 2,985 |
| 01:06:00 | | | | gns | 06:16 | 10,529 | 10,529 | 06:16 | 10,529 |

| | | | | Middel | | | Selvvalgt | | |
|-----------------|--------------------------------------|--------|-----------|--------|--------------|--------------|--------------|--------------|--------------|
| Torsdag: | 15-12-2016 | S. 148 | D. 4 | Tempo | km | Tempo | km | Tempo | km |
| 10:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 1,567 | 00:00 | 1,567 | 00:00 | 1,567 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 | | 0,200 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 | 00:00 | 1,881 |
| 10:00 | jog | 07:08 | - 06:16 = | 06:42 | 1,493 | 00:00 | 1,493 | 00:00 | 1,493 |
| 10:00 | Ae2-3 | 05:37 | - 05:01 = | 05:19 | 1,881 | 00:00 | 1,881 | 00:00 | 1,881 |
| 10:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 1,567 | 00:00 | 1,567 | 00:00 | 1,567 |
| 00:52:00 | | | | gns | 06:03 | 8,587 | 8,587 | 06:03 | 8,587 |

| | | | | Middel | | | Selvvalgt | | |
|-----------------|-----|--------|-----------|--------|--------------|---------------|---------------|--------------|---------------|
| Lang tur: | | S. 148 | D. 7 | Tempo | km | Tempo | km | Tempo | km |
| 30:00 | jog | 07:08 | - 06:16 = | 06:42 | 4,478 | 00:00 | 4,478 | 00:00 | 4,478 |
| 15:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 2,525 | 00:00 | 2,525 | 00:00 | 2,525 |
| 10:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 | 00:00 | 1,855 |
| 10:00 | jog | 07:08 | - 06:16 = | 06:42 | 1,493 | 00:00 | 1,493 | 00:00 | 1,493 |
| 15:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 2,525 | 00:00 | 2,525 | 00:00 | 2,525 |
| 05:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 0,927 | 00:00 | 0,927 | 00:00 | 0,927 |
| 01:25:00 | | | | gns | 06:10 | 13,801 | 13,801 | 06:10 | 13,801 |

Øvrige træningsdage:

| | | | | Middel | | | Selvvalgt | | |
|---------|---------|-------|-----------|--------|-------|-------|-----------|-------|-------|
| Mandag: | | | | Tempo | km | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 | 00:00 | 6,266 |

Onsdag: 40 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | | Selvvalgt | | |
|---------|---------|-------|-----------|--------|-------|-------|-----------|-------|-------|
| Fredag: | | | | Tempo | km | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 8

Grundtræning Marathon Uge 10

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--|--------|-----------|--------|--------------|--------------|---------------|
| Tirsdag: | 20-12-2016 | S. 149 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 04:00 | Ae3 | 05:09 | - 05:01 = | 05:05 | 0,787 | 00:00 | 0,787 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 5 x leg speed: 100 m sprint - 90% | | | | 0,500 | | 0,500 |
| 02:00 | 4 x Cross drills: 8x15 m sprint, vendinger | | | | 0,480 | | 0,480 |
| 05:00 | jog | 07:08 | - 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| | 4 x 3 min AT, intervalpause 1½ min jog | | | | | | |
| 12:00 | AT | 05:00 | - 04:54 = | 04:57 | 2,424 | 00:00 | 2,424 |
| 04:30 | jog | 07:08 | - 06:16 = | 06:42 | 0,672 | 00:00 | 0,672 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:11:30 | | | | gns | 06:04 | 06:04 | 11,779 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---|--------|-----------|--------|--------------|--------------|---------------|
| Torsdag: | 22-12-2016 | S. 149 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 03:00 | 6 x styrkeløb 60 m bakkespurt + jog | | | | 0,360 | | 0,360 |
| | 4 x 3 min AT-An1, intervalpause 3 min jog | | | | | | |
| 12:00 | AT-An1 | 05:00 | - 04:39 = | 04:50 | 2,487 | 00:00 | 2,487 |
| 09:00 | jog | 07:08 | - 06:16 = | 06:42 | 1,343 | 00:00 | 1,343 |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:04:00 | | | | gns | 06:13 | 06:13 | 10,309 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|--------|-----------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 149 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 20:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 3,709 | 00:00 | 3,709 |
| 15:00 | jog | 07:08 | - 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 15:00 | Ae1 | 06:15 | - 05:38 = | 05:56 | 2,525 | 00:00 | 2,525 |
| 05:00 | Ae2 | 05:37 | - 05:10 = | 05:24 | 0,927 | 00:00 | 0,927 |
| 01:35:00 | | | | gns | 06:02 | 06:02 | 15,751 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 45 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-------|-----------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 | - 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 9

Grundtræning Marathon Uge 11

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--|---------|---------|--------|--------------|--------------|---------------|
| Tirsdag: | 27-12-2016 | S. 150 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 04:00 | Ae3 | 05:09 - | 05:01 = | 05:05 | 0,787 | 00:00 | 0,787 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 04:00 | 7 x leg speed: 100 m sprint - 90% | | | | 0,700 | | 0,700 |
| 01:00 | 4 x Hollow sprint: 30/30 m sprint/jog | | | | 0,960 | | 0,960 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| | 5 x 3 min AT, intervalpause 1½ min jog | | | | | | |
| 15:00 | AT | 05:00 - | 04:54 = | 04:57 | 3,030 | 00:00 | 3,030 |
| 06:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,896 | 00:00 | 0,896 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:17:00 | | | | gns | 05:48 | 05:48 | 13,289 |

| | | | | Middel | | Selvvalgt | |
|-----------------|--------------------------------------|---------|---------|--------|--------------|--------------|---------------|
| Torsdag: | 29-12-2016 | S. 150 | D. 4 | Tempo | km | Tempo | km |
| 15:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 2,350 | 00:00 | 2,350 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 20:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 3,762 | 00:00 | 3,762 |
| 10:00 | jog | 07:08 - | 06:16 = | 06:42 | 1,493 | 00:00 | 1,493 |
| 20:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 3,762 | 00:00 | 3,762 |
| 15:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 2,350 | 00:00 | 2,350 |
| 01:22:00 | | | | gns | 05:54 | 05:54 | 13,916 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|---------|---------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 150 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 20:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 3,709 | 00:00 | 3,709 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 05:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 0,927 | 00:00 | 0,927 |
| 01:45:00 | | | | gns | 06:03 | 06:03 | 17,339 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 10

Grundtræning Marathon Uge 12

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--|---------|---------|--------|--------------|--------------|---------------|
| Tirsdag: | 03-01-2017 | S. 151 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 04:00 | Ae3 | 05:09 - | 05:01 = | 05:05 | 0,787 | 00:00 | 0,787 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 8 x leg speed: 100 m sprint - 90% | | | | 0,800 | | 0,800 |
| 02:00 | 4 x Pyramide: 250 m sprint, jog | | | | 1,000 | | 1,000 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| | 6 x 3 min AT, intervalpause 1½ min jog | | | | | | |
| 18:00 | AT | 05:00 - | 04:54 = | 04:57 | 3,636 | 00:00 | 3,636 |
| 07:30 | jog | 07:08 - | 06:16 = | 06:42 | 1,119 | 00:00 | 1,119 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:20:30 | | | | gns | 05:39 | 05:39 | 14,259 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------|---------|--------|--------------|--------------|---------------|
| Torsdag: | 05-01-2017 | S. 151 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 03:00 | 6 x styrkeløb 60 m bakkespurt + jog | | | | 0,360 | | 0,360 |
| | 5 x 4 min AT-An1, intervalpause 4 min jog | | | | | | |
| 20:00 | AT-An1 | 05:00 - | 04:39 = | 04:50 | 4,145 | 00:00 | 4,145 |
| 16:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,388 | 00:00 | 2,388 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:19:00 | | | | gns | 06:04 | 06:04 | 13,011 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|---------|---------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 151 | D. 7 | Tempo | km | Tempo | km |
| 25:00 | jog | 07:08 - | 06:16 = | 06:42 | 3,731 | 00:00 | 3,731 |
| 30:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 5,049 | 00:00 | 5,049 |
| 10:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 30:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 5,049 | 00:00 | 5,049 |
| 10:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 02:05:00 | | | | gns | 06:05 | 06:05 | 20,524 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 11

Specifik træning Marathon Uge 1

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--|---------------|-------------|---------------|---------------|------------------|---------------|
| Tirsdag: | 10-01-2017 | S. 194 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 3 x 2000 m Ae2-3 (MT), intervalpause 800 m jog | | | | | | |
| 31:54 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 6,000 | 00:00 | 6,000 |
| 10:43 | jog | 07:08 - | 06:16 = | 06:42 | 1,600 | 00:00 | 1,600 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:26:37 | | | gns | 06:09 | 14,070 | 06:09 | 14,070 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-------------------|---------------|-------------|---------------|--------------|------------------|--------------|
| Torsdag: | 12-01-2017 | S. 194 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 15:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 2,821 | 00:00 | 2,821 |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 00:55:00 | | | gns | 06:03 | 9,088 | 06:03 | 9,088 |

| | | | | Middel | | Selvvalgt | |
|------------------|-----|---------------|-------------|---------------|---------------|------------------|---------------|
| Lang tur: | | S. 194 | D. 7 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 20:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 10:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 10:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:15:00 | | | gns | 06:06 | 12,299 | 06:06 | 12,299 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|----------------|---------|---------|---------|---------------|-----------|------------------|-----------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|----------------|---------|---------|---------|---------------|-----------|------------------|-----------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 2

Specifik træning Marathon Uge 2

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------|---------|--------|--------------|--------------|---------------|
| Tirsdag: | 17-01-2017 | S. 195 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 04:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 3 x 2500 m Ae2-3 (MT), intervalpause 1000 m jog | | | | | | |
| 39:52 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 7,500 | 00:00 | 7,500 |
| 10:43 | jog | 07:08 - | 06:16 = | 06:42 | 1,600 | 00:00 | 1,600 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:26:36 | | | | gns | 06:09 | 06:09 | 14,078 |

| | | | | Middel | | Selvvalgt | |
|-----------------|--|---------|---------|--------|--------------|--------------|---------------|
| Torsdag: | 19-01-2017 | S. 195 | D. 6 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 2000 m Ae2-3 (MT, sidste 500 m AT) | | | | | | |
| 07:58 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 1,500 | 00:00 | 1,500 |
| 02:29 | AT | 05:00 - | 04:54 = | 04:57 | 0,500 | 00:00 | 0,500 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| | 7 x 800 m AT, intervalpause 400 m jog | | | | | | |
| 27:43 | AT | 05:00 - | 04:54 = | 04:57 | 5,600 | 00:00 | 5,600 |
| 16:05 | jog | 07:08 - | 06:16 = | 06:42 | 2,400 | 00:00 | 2,400 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:33:15 | | | | gns | 05:56 | 05:56 | 15,724 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|---------|---------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 195 | D. 7 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 20:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 10:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 10:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:20:00 | | | | gns | 06:08 | 06:08 | 13,046 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 55 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 1

Specifik træning Marathon Uge 3

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|---|-----------------|------|--------|--------------|--------------|---------------|
| Tirsdag: | 24-01-2017 | S. 196 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 3 x 3000 m Ae2-3 (MT), intervalpause 1000 m jog | | | | | | |
| 47:51 | Ae2-3 | 05:37 - 05:01 = | | 05:19 | 9,000 | 00:00 | 9,000 |
| 13:24 | jog | 07:08 - 06:16 = | | 06:42 | 2,000 | 00:00 | 2,000 |
| 15:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:35:15 | | | | gns | 05:58 | 05:58 | 15,978 |

| | | | | Middel | | Selvvalgt | |
|-----------------|------------|-----------------|------|--------|--------------|--------------|---------------|
| Torsdag: | 26-01-2017 | S. 196 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 3,133 | 00:00 | 3,133 |
| 25:00 | Ae2-3 | 05:37 - 05:01 = | | 05:19 | 4,702 | 00:00 | 4,702 |
| 20:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 3,133 | 00:00 | 3,133 |
| 01:05:00 | | | | gns | 05:56 | 05:56 | 10,969 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|-----------------|------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 196 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 - 05:38 = | | 05:56 | 3,366 | 00:00 | 3,366 |
| 15:00 | Ae2 | 05:37 - 05:10 = | | 05:24 | 2,782 | 00:00 | 2,782 |
| 05:00 | jog | 07:08 - 06:16 = | | 06:42 | 0,746 | 00:00 | 0,746 |
| 10:00 | Ae2 | 05:37 - 05:10 = | | 05:24 | 1,855 | 00:00 | 1,855 |
| 20:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:30:00 | | | | gns | 06:07 | 06:07 | 14,719 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-----------------|--|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-----------------|--|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 2

Specifik træning Marathon Uge 4

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------|-----------------------|--------|--------------|--------------|---------------|
| Tirsdag: | 31-01-2017 | S. 197 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: | | Fodledsjog - stigeløb | | 0,200 | | 0,200 |
| 04:00 | 3 x Cruise & Sprint: | | 100 m sprint - 100% | | 0,300 | | 0,300 |
| | 6 x 1200 m AT (sidste 400 m An1), intervalpause 500 m jog | | | | | | |
| 23:46 | AT | 05:00 - | 04:54 = | 04:57 | 4,800 | 00:00 | 4,800 |
| 11:26 | An1 | 04:53 - | 04:39 = | 04:46 | 2,400 | 00:00 | 2,400 |
| 16:45 | jog | 07:08 - | 06:16 = | 06:42 | 2,500 | 00:00 | 2,500 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:27:57 | | | | gns | 06:00 | 06:00 | 14,678 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------|-----------------------|--------|--------------|--------------|---------------|
| Torsdag: | 02-02-2017 | S. 197 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: | | Fodledsjog - stigeløb | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: | | 100 m sprint - 100% | | 0,300 | | 0,300 |
| | 2000 m (Skiftevis 500 m Ae2 + 500 m An1) | | | | | | |
| 05:24 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,000 | 00:00 | 1,000 |
| 04:46 | An1 | 04:53 - | 04:39 = | 04:46 | 1,000 | 00:00 | 1,000 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| | 2000 m (Skiftevis 500 m Ae2 + 500 m An1) | | | | | | |
| 05:24 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,000 | 00:00 | 1,000 |
| 04:46 | An1 | 04:53 - | 04:39 = | 04:46 | 1,000 | 00:00 | 1,000 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:09:19 | | | | gns | 06:11 | 06:11 | 11,216 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|---------|---------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 197 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 15:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 2,782 | 00:00 | 2,782 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 10:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:25:00 | | | | gns | 06:05 | 06:05 | 13,973 |

Øvrige træningsdage:

| Mandag: | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| Fredag: | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 3

Specifik træning Marathon Uge 5

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|--|--|-----------------|------|--------|--------------|--------------|---------------|
| Tirsdag: | 07-02-2017 | S. 198 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| 5 x 1500 m AT, intervalpause 500 m jog | | | | | | | |
| 37:07 | AT | 05:00 - 04:54 = | | 04:57 | 7,500 | 00:00 | 7,500 |
| 13:24 | jog | 07:08 - 06:16 = | | 06:42 | 2,000 | 00:00 | 2,000 |
| 15:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:24:31 | | | | gns | 05:50 | 05:50 | 14,478 |

| | | | | Middel | | Selvvalgt | |
|-----------------|------------|-----------------|------|--------|--------------|--------------|---------------|
| Torsdag: | 09-02-2017 | S. 198 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 3,133 | 00:00 | 3,133 |
| 15:00 | Ae2-3 | 05:37 - 05:01 = | | 05:19 | 2,821 | 00:00 | 2,821 |
| 05:00 | jog | 07:08 - 06:16 = | | 06:42 | 0,746 | 00:00 | 0,746 |
| 15:00 | Ae2-3 | 05:37 - 05:01 = | | 05:19 | 2,821 | 00:00 | 2,821 |
| 20:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 3,133 | 00:00 | 3,133 |
| 01:15:00 | | | | gns | 05:56 | 05:56 | 12,655 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|-----------------|------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 198 | D. 7 | Tempo | km | Tempo | km |
| 25:00 | jog | 07:08 - 06:16 = | | 06:42 | 3,731 | 00:00 | 3,731 |
| 20:00 | Ae1 | 06:15 - 05:38 = | | 05:56 | 3,366 | 00:00 | 3,366 |
| 15:00 | Ae2 | 05:37 - 05:10 = | | 05:24 | 2,782 | 00:00 | 2,782 |
| 05:00 | jog | 07:08 - 06:16 = | | 06:42 | 0,746 | 00:00 | 0,746 |
| 10:00 | Ae2 | 05:37 - 05:10 = | | 05:24 | 1,855 | 00:00 | 1,855 |
| 20:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:35:00 | | | | gns | 06:09 | 06:09 | 15,466 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-----------------|--|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 65 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-----------------|--|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 4

Specifik træning Marathon Uge 6

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------------|-------------|---------------|---------------|------------------|---------------|
| Tirsdag: | 14-02-2017 | S. 199 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 04:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 8 x 1000 m AT (sidste 400 m An1), intervalpause 400 m jog | | | | | | |
| 39:36 | AT | 05:00 - | 04:54 = | 04:57 | 8,000 | 00:00 | 8,000 |
| 18:46 | jog | 07:08 - | 06:16 = | 06:42 | 2,800 | 00:00 | 2,800 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:34:22 | | | gns | 05:59 | 15,778 | 05:59 | 15,778 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------------|-------------|---------------|---------------|------------------|---------------|
| Torsdag: | 16-02-2017 | S. 199 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 3000 m (Skiftevis 500 m Ae2 + 500 m An1) | | | | | | |
| 08:05 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,500 | 00:00 | 1,500 |
| 07:09 | An1 | 04:53 - | 04:39 = | 04:46 | 1,500 | 00:00 | 1,500 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| | 3000 m (Skiftevis 500 m Ae2 + 500 m An1) | | | | | | |
| 08:05 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,500 | 00:00 | 1,500 |
| 07:09 | An1 | 04:53 - | 04:39 = | 04:46 | 1,500 | 00:00 | 1,500 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:19:29 | | | gns | 06:01 | 13,216 | 06:01 | 13,216 |

| | | | | Middel | | Selvvalgt | |
|------------------|-----|---------------|-------------|---------------|---------------|------------------|---------------|
| Lang tur: | | S. 199 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 20:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 3,366 | 00:00 | 3,366 |
| 15:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 2,782 | 00:00 | 2,782 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 10:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:25:00 | | | gns | 06:05 | 13,973 | 06:05 | 13,973 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|----------------|---------|---------|---------|---------------|-----------|------------------|-----------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 70 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|----------------|---------|---------|---------|---------------|-----------|------------------|-----------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 5

Specifik træning Marathon Uge 7

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|---|--|-----------------|------|--------|--------------|---------------|----------------------------|
| Tirsdag: | 21-02-2017 | S. 200 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| 6 x 1200 m AT (sidste 400 m An1), intervalpause 400 m jog | | | | | | | |
| 23:46 | AT | 05:00 - 04:54 = | | 04:57 | 4,800 | 00:00 | 4,800 |
| 11:26 | An1 | 04:53 - 04:39 = | | 04:46 | 2,400 | 00:00 | 2,400 |
| 11:37 | jog | 07:08 - 06:16 = | | 06:42 | 1,734 | 00:00 | 1,734 |
| 15:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,239 | 00:00 | 2,239 |
| <u>01:20:49</u> | | | | gns | <u>05:49</u> | <u>13,911</u> | <u>05:49</u> <u>13,911</u> |

| | | | | Middel | | Selvvalgt | |
|-----------------|------------|-----------------|------|--------|--------------|---------------|----------------------------|
| Torsdag: | 23-02-2017 | S. 200 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 3,133 | 00:00 | 3,133 |
| 10:00 | Ae2-3 | 05:37 - 05:01 = | | 05:19 | 1,881 | 00:00 | 1,881 |
| 05:00 | jog | 07:08 - 06:16 = | | 06:42 | 0,746 | 00:00 | 0,746 |
| 10:00 | Ae2-3 | 05:37 - 05:01 = | | 05:19 | 1,881 | 00:00 | 1,881 |
| 20:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 3,133 | 00:00 | 3,133 |
| <u>01:05:00</u> | | | | gns | <u>06:02</u> | <u>10,774</u> | <u>06:02</u> <u>10,774</u> |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|-----------------|------|--------|--------------|---------------|----------------------------|
| Lang tur: | | S. 200 | D. 7 | Tempo | km | Tempo | km |
| 25:00 | jog | 07:08 - 06:16 = | | 06:42 | 3,731 | 00:00 | 3,731 |
| 20:00 | Ae1 | 06:15 - 05:38 = | | 05:56 | 3,366 | 00:00 | 3,366 |
| 20:00 | Ae2 | 05:37 - 05:10 = | | 05:24 | 3,709 | 00:00 | 3,709 |
| 05:00 | jog | 07:08 - 06:16 = | | 06:42 | 0,746 | 00:00 | 0,746 |
| 10:00 | Ae2 | 05:37 - 05:10 = | | 05:24 | 1,855 | 00:00 | 1,855 |
| 15:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,239 | 00:00 | 2,239 |
| <u>01:35:00</u> | | | | gns | <u>06:04</u> | <u>15,647</u> | <u>06:04</u> <u>15,647</u> |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-----------------|--|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 65 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-----------------|--|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 6

Specifik træning Marathon Uge 8

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------|---------|--------|--------------|--------------|---------------|
| Tirsdag: | 28-02-2017 | S. 201 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 04:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 6 x 1500 m AT (sidste 300 m An1), intervalpause 400 m jog | | | | | | |
| 35:38 | AT | 05:00 - | 04:54 = | 04:57 | 7,200 | 00:00 | 7,200 |
| 08:35 | An1 | 04:53 - | 04:39 = | 04:46 | 1,800 | 00:00 | 1,800 |
| 13:24 | jog | 07:08 - | 06:16 = | 06:42 | 2,000 | 00:00 | 2,000 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:33:37 | | | | gns | 05:52 | 05:52 | 15,978 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------|---------|--------|--------------|--------------|---------------|
| Torsdag: | 02-03-2017 | S. 201 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 3 x 2500 m (Skiftevis 500 m Ae2 + 500 m An1) intervalpause 5 min jog | | | | | | |
| 24:16 | Ae2 | 05:37 - | 05:10 = | 05:24 | 4,500 | 00:00 | 4,500 |
| 14:18 | An1 | 04:53 - | 04:39 = | 04:46 | 3,000 | 00:00 | 3,000 |
| 10:00 | jog | 07:08 - | 06:16 = | 06:42 | 1,493 | 00:00 | 1,493 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:32:34 | | | | gns | 05:59 | 05:59 | 15,463 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|---------|---------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 201 | D. 7 | Tempo | km | Tempo | km |
| 25:00 | jog | 07:08 - | 06:16 = | 06:42 | 3,731 | 00:00 | 3,731 |
| 25:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 4,208 | 00:00 | 4,208 |
| 20:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 3,709 | 00:00 | 3,709 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 15:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 2,782 | 00:00 | 2,782 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:50:00 | | | | gns | 06:03 | 06:03 | 18,162 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 70 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 7

Specifik træning Marathon Uge 9

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|---|----------------------|---------|-----------------------|--------|--------------|---------------|----------------------------|
| Tirsdag: | 07-03-2017 | S. 202 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: | | Fodledsjog - stigeløb | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: | | 100 m sprint - 100% | | 0,300 | | 0,300 |
| 8 x 1000 m AT (sidste 400 m An1), intervalpause 400 m jog | | | | | | | |
| 23:46 | AT | 05:00 - | 04:54 = | 04:57 | 4,800 | 00:00 | 4,800 |
| 15:15 | An1 | 04:53 - | 04:39 = | 04:46 | 3,200 | 00:00 | 3,200 |
| 18:46 | jog | 07:08 - | 06:16 = | 06:42 | 2,800 | 00:00 | 2,800 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| <u>01:31:46</u> | | | | gns | <u>05:49</u> | <u>15,778</u> | <u>05:49</u> <u>15,778</u> |

| | | | | Middel | | Selvvalgt | |
|-----------------|------------|---------|---------|--------|--------------|---------------|----------------------------|
| Torsdag: | 09-03-2017 | S. 202 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 20:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 3,762 | 00:00 | 3,762 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 20:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 3,762 | 00:00 | 3,762 |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| <u>01:25:00</u> | | | | gns | <u>05:51</u> | <u>14,536</u> | <u>05:51</u> <u>14,536</u> |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|---------|---------|--------|--------------|---------------|----------------------------|
| Lang tur: | | S. 202 | D. 7 | Tempo | km | Tempo | km |
| 25:00 | jog | 07:08 - | 06:16 = | 06:42 | 3,731 | 00:00 | 3,731 |
| 30:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 5,049 | 00:00 | 5,049 |
| 20:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 3,709 | 00:00 | 3,709 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 15:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 2,782 | 00:00 | 2,782 |
| 25:00 | jog | 07:08 - | 06:16 = | 06:42 | 3,731 | 00:00 | 3,731 |
| <u>02:00:00</u> | | | | gns | <u>06:05</u> | <u>19,750</u> | <u>06:05</u> <u>19,750</u> |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 75 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 8

Specifik træning Marathon Uge 10

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|---|--|-----------------|------|--------------|---------------|--------------|---------------|
| Tirsdag: | 14-03-2017 | S. 203 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 04:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| 6 x 1000 m An1, intervalpause 400 m jog | | | | | | | |
| 28:36 | An1 | 04:53 - 04:39 = | | 04:46 | 6,000 | 00:00 | 6,000 |
| 13:24 | jog | 07:08 - 06:16 = | | 06:42 | 2,000 | 00:00 | 2,000 |
| 20:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:28:00 | | | gns | 06:05 | 14,470 | 06:05 | 14,470 |

| | | | | Middel | | Selvvalgt | |
|---|--|-----------------|------|--------------|---------------|--------------|---------------|
| Torsdag: | 16-03-2017 | S. 203 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| 2500 m (Skiftevis 500 m Ae3 + 500 m An1) | | | | | | | |
| 07:38 | Ae3 | 05:09 - 05:01 = | | 05:05 | 1,500 | 00:00 | 1,500 |
| 04:46 | An1 | 04:53 - 04:39 = | | 04:46 | 1,000 | 00:00 | 1,000 |
| 05:00 | jog | 07:08 - 06:16 = | | 06:42 | 0,746 | 00:00 | 0,746 |
| 2500 m (Skiftevis 500 m Ae3 + 500 m An1) | | | | | | | |
| 07:38 | Ae3 | 05:09 - 05:01 = | | 05:05 | 1,500 | 00:00 | 1,500 |
| 04:46 | An1 | 04:53 - 04:39 = | | 04:46 | 1,000 | 00:00 | 1,000 |
| 20:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:13:47 | | | gns | 06:02 | 12,216 | 06:02 | 12,216 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|-----------------|------|--------------|---------------|--------------|---------------|
| Lang tur: | | S. 203 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,985 | 00:00 | 2,985 |
| 25:00 | Ae1 | 06:15 - 05:38 = | | 05:56 | 4,208 | 00:00 | 4,208 |
| 10:00 | Ae2 | 05:37 - 05:10 = | | 05:24 | 1,855 | 00:00 | 1,855 |
| 05:00 | jog | 07:08 - 06:16 = | | 06:42 | 0,746 | 00:00 | 0,746 |
| 10:00 | Ae2 | 05:37 - 05:10 = | | 05:24 | 1,855 | 00:00 | 1,855 |
| 20:00 | jog | 07:08 - 06:16 = | | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:30:00 | | | gns | 06:09 | 14,633 | 06:09 | 14,633 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|-----------------|--|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 60 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|-----------------|--|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - 05:38 = | | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 9

Specifik træning Marathon Uge 11

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--|---------|---------|--------|---------------|-----------|---------------|
| Tirsdag: | 21-03-2017 | S. 204 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 8 x 800 m AT (sidste 400 m An1), intervalpause 400 m jog | | | | | | |
| 15:50 | AT | 05:00 - | 04:54 = | 04:57 | 3,200 | 00:00 | 3,200 |
| 15:15 | An1 | 04:53 - | 04:39 = | 04:46 | 3,200 | 00:00 | 3,200 |
| 18:46 | jog | 07:08 - | 06:16 = | 06:42 | 2,800 | 00:00 | 2,800 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| <u>01:23:51</u> | | | | gns | <u>05:55</u> | | <u>14,178</u> |
| | | | | | <u>14,178</u> | 05:55 | <u>14,178</u> |

| | | | | Middel | | Selvvalgt | |
|-----------------|------------|---------|---------|--------|---------------|-----------|---------------|
| Torsdag: | 23-03-2017 | S. 204 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 15:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 2,821 | 00:00 | 2,821 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 15:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 2,821 | 00:00 | 2,821 |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| <u>01:15:00</u> | | | | gns | <u>05:56</u> | | <u>12,655</u> |
| | | | | | <u>12,655</u> | 05:56 | <u>12,655</u> |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|---------|---------|--------|---------------|-----------|---------------|
| Lang tur: | | S. 204 | D. 7 | Tempo | km | Tempo | km |
| 30:00 | jog | 07:08 - | 06:16 = | 06:42 | 4,478 | 00:00 | 4,478 |
| 30:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 5,049 | 00:00 | 5,049 |
| 20:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 3,709 | 00:00 | 3,709 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 15:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 2,782 | 00:00 | 2,782 |
| 25:00 | jog | 07:08 - | 06:16 = | 06:42 | 3,731 | 00:00 | 3,731 |
| <u>02:05:00</u> | | | | gns | <u>06:06</u> | | <u>20,496</u> |
| | | | | | <u>20,496</u> | 06:06 | <u>20,496</u> |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 70 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 10

Specifik træning Marathon Uge 12

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|--|---------------|-----------------------|---------------|---------------|------------------|---------------|
| Tirsdag: | 28-03-2017 | S. 205 | D. 2 | Tempo | km | Tempo | km |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 02:00 | Teknikøvelser: | | Fodledsjog - stigeløb | | 0,200 | | 0,200 |
| 04:00 | 3 x Cruise & Sprint: | | 100 m sprint - 100% | | 0,300 | | 0,300 |
| | 8 x 800 m AT (sidste 400 m An1), intervalpause 400 m jog | | | | | | |
| 15:50 | AT | 05:00 - | 04:54 = | 04:57 | 3,200 | 00:00 | 3,200 |
| 15:15 | An1 | 04:53 - | 04:39 = | 04:46 | 3,200 | 00:00 | 3,200 |
| 18:46 | jog | 07:08 - | 06:16 = | 06:42 | 2,800 | 00:00 | 2,800 |
| 15:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,239 | 00:00 | 2,239 |
| 01:25:51 | | | gns | 06:03 | 14,178 | 06:03 | 14,178 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------------|-----------------------|---------------|---------------|------------------|---------------|
| Torsdag: | 30-03-2017 | S. 205 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: | | Fodledsjog - stigeløb | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: | | 100 m sprint - 100% | | 0,300 | | 0,300 |
| | 2000 m (Skiftevis 500 m Ae2 + 500 m An1) | | | | | | |
| 05:24 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,000 | 00:00 | 1,000 |
| 04:46 | An1 | 04:53 - | 04:39 = | 04:46 | 1,000 | 00:00 | 1,000 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| | 2000 m (Skiftevis 500 m Ae2 + 500 m An1) | | | | | | |
| 05:24 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,000 | 00:00 | 1,000 |
| 04:46 | An1 | 04:53 - | 04:39 = | 04:46 | 1,000 | 00:00 | 1,000 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:09:19 | | | gns | 06:11 | 11,216 | 06:11 | 11,216 |

| | | | | Middel | | Selvvalgt | |
|------------------|-------|---------------|-------------|---------------|---------------|------------------|---------------|
| Lang tur: | | S. 205 | D. 7 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 10:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 1,683 | 00:00 | 1,683 |
| 20:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 3,762 | 00:00 | 3,762 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 30:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 5,643 | 00:00 | 5,643 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 25:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 4,702 | 00:00 | 4,702 |
| 25:00 | jog | 07:08 - | 06:16 = | 06:42 | 3,731 | 00:00 | 3,731 |
| 01:30:00 | | | gns | 03:45 | 23,999 | 03:45 | 23,999 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|----------------|---------|---------|---------|---------------|-----------|------------------|-----------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 40:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 6,266 | 00:00 | 6,266 |

Onsdag: 50 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|----------------|---------|---------|---------|---------------|-----------|------------------|-----------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 11

Specifik træning Marathon Uge 13

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|---|--|---------|---------|--------|--------------|--------------|---------------|
| Tirsdag: | 04-04-2017 | S. 206 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| 4 x 1500 m AT (sidste 300 m An1), intervalpause 400 m jog | | | | | | | |
| 23:46 | AT | 05:00 - | 04:54 = | 04:57 | 4,800 | 00:00 | 4,800 |
| 05:43 | An1 | 04:53 - | 04:39 = | 04:46 | 1,200 | 00:00 | 1,200 |
| 08:02 | jog | 07:08 - | 06:16 = | 06:42 | 1,200 | 00:00 | 1,200 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:21:31 | | | | gns | 05:58 | 05:58 | 13,670 |

| | | | | Middel | | Selvvalgt | |
|-----------------|------------|---------|---------|--------|--------------|--------------|---------------|
| Torsdag: | 06-04-2017 | S. 206 | D. 4 | Tempo | km | Tempo | km |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 15:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 2,821 | 00:00 | 2,821 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 15:00 | Ae2-3 | 05:37 - | 05:01 = | 05:19 | 2,821 | 00:00 | 2,821 |
| 20:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 3,133 | 00:00 | 3,133 |
| 01:15:00 | | | | gns | 05:56 | 05:56 | 12,655 |

| | | | | Middel | | Selvvalgt | |
|-----------------|-----|---------|---------|--------|--------------|--------------|---------------|
| Lang tur: | | S. 206 | D. 7 | Tempo | km | Tempo | km |
| 25:00 | jog | 07:08 - | 06:16 = | 06:42 | 3,731 | 00:00 | 3,731 |
| 25:00 | Ae1 | 06:15 - | 05:38 = | 05:56 | 4,208 | 00:00 | 4,208 |
| 20:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 3,709 | 00:00 | 3,709 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| 15:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 2,782 | 00:00 | 2,782 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:50:00 | | | | gns | 06:03 | 06:03 | 18,162 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Onsdag: 40 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

| | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| Fredag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Weekend: På den anden dag i weekenden løbes programmet fra torsdag i uge 12

Specifik træning Marathon Uge 14

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------------|-------------|---------------|--------------|------------------|---------------|
| Tirsdag: | 11-04-2017 | S. 207 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 5 x 1000 m AT (sidste 400 m An1), intervalpause 400 m jog | | | | | | |
| 14:51 | AT | 05:00 - | 04:54 = | 04:57 | 3,000 | 00:00 | 3,000 |
| 09:32 | An1 | 04:53 - | 04:39 = | 04:46 | 2,000 | 00:00 | 2,000 |
| 10:43 | jog | 07:08 - | 06:16 = | 06:42 | 1,600 | 00:00 | 1,600 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:19:06 | | | | gns | 06:03 | 06:03 | 13,070 |

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------------|-------------|---------------|--------------|------------------|---------------|
| Torsdag: | 13-04-2017 | S. 207 | D. 6 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: Fodledsjog - stigeløb | | | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: 100 m sprint - 100% | | | | 0,300 | | 0,300 |
| | 3000 m (Skiftevis 500 m Ae2 + 500 m An1) | | | | | | |
| 08:05 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,500 | 00:00 | 1,500 |
| 07:09 | An1 | 04:53 - | 04:39 = | 04:46 | 1,500 | 00:00 | 1,500 |
| 05:00 | jog | 07:08 - | 06:16 = | 06:42 | 0,746 | 00:00 | 0,746 |
| | 3000 m (Skiftevis 500 m Ae2 + 500 m An1) | | | | | | |
| 08:05 | Ae2 | 05:37 - | 05:10 = | 05:24 | 1,500 | 00:00 | 1,500 |
| 07:09 | An1 | 04:53 - | 04:39 = | 04:46 | 1,500 | 00:00 | 1,500 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 01:19:29 | | | | gns | 06:01 | 06:01 | 13,216 |

| | | | | Middel | | Selvvalgt | |
|------------------|---------|---------------|-------------|---------------|--------------|------------------|--------------|
| Lang tur: | | S. 207 | D. 7 | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |
| 20:00 | Ae2 | 05:37 - | 05:10 = | 05:24 | 3,709 | 00:00 | 3,709 |
| 10:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 1,567 | 00:00 | 1,567 |
| 00:50:00 | | | | gns | 05:01 | 05:01 | 9,976 |

Øvrige træningsdage:

| | | | | Middel | | Selvvalgt | |
|----------------|---------|---------|---------|---------------|-----------|------------------|-----------|
| Mandag: | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Onsdag: 40 min skiftevis mellem Jog og Ae2, med tid og tempo, som på den lange tur

Fredag: Fridag

Weekend: På den anden dag i weekenden løbes samme program som lang tur i denne uge

Specifik træning Marathon Uge 15

Hold 3

10 km 45 - 52 min

| | | | | Middel | | Selvvalgt | |
|-----------------|---|---------|-----------------------|--------|--------------|--------------|---------------|
| Tirsdag: | 18-04-2017 | S. 208 | D. 2 | Tempo | km | Tempo | km |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| 02:00 | Teknikøvelser: | | Fodledsjog - stigeløb | | 0,200 | | 0,200 |
| 02:00 | 3 x Cruise & Sprint: | | 100 m sprint - 100% | | 0,300 | | 0,300 |
| | 3 x 1200 m AT (sidste 400 m An1), intervalpause 400 m jog | | | | | | |
| 11:53 | AT | 05:00 - | 04:54 = | 04:57 | 2,400 | 00:00 | 2,400 |
| 05:43 | An1 | 04:53 - | 04:39 = | 04:46 | 1,200 | 00:00 | 1,200 |
| 05:22 | jog | 07:08 - | 06:16 = | 06:42 | 0,800 | 00:00 | 0,800 |
| 20:00 | jog | 07:08 - | 06:16 = | 06:42 | 2,985 | 00:00 | 2,985 |
| <u>01:06:58</u> | | | | gns | <u>06:10</u> | <u>06:10</u> | <u>10,870</u> |

Torsdag: 20-04-2017 S. 208 D. 4
Fri eller meget let løb 10-20 min

Lang tur: S. 208 D. 7
KONKURRENCE Marathon

Øvrige træningsdage:

| Mandag: | | | | Middel | | Selvvalgt | |
|---------|---------|---------|---------|--------|-------|-----------|-------|
| | | | | Tempo | km | Tempo | km |
| 30:00 | jog-Ae1 | 07:08 - | 05:38 = | 06:23 | 4,700 | 00:00 | 4,700 |

Onsdag: 30 min (10 min jog + 10 min Ae2 + 10 min jog)

Fredag:
Fri

Weekend: Fri eller meget let løb 10 - 20 min