

Name

**Eliud Kibet
Too**

Week Description: Aerobic/VO₂ Max Conditioning

Week nr **1** **EASY**

Write your heartrate ranges here

≤155	155-165	165-175	2:50 min/km	60-65 sec/400m
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Heart Rate Zones

			Gym		Running		Other		Heart Rate Zones	A1	A2	A3	I1	I2	Starts		
Day	Date		#	Sets/reps/exer/abs	Time	KM	Course	Other	Other	Session Description	1	2	3	4	5		Comments
Monday		1.9	AM		0		-	0		REST							
		AAM		40		Road	20		40 min (A1) ; 30 sec sprint every 10 min ; 20 min stretching ; take lunch								
		PM		35		Road	20		35 min (A1) ; 20 min stretching ; take lunch								
		Other															
Tuesday		2.9	AM		15		Road	20		15 min (A1) ; 20 min stretching ; take breakfast							
		AAM		86		Road	20		10 min w/u ; dynamic drills ; 3x17 min/5 min (A3-/A1) (first three min at 3:10 pace ; A3- HR 165-170 ; no higher than 170 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch								
		PM		20		Road	20		20 min (A1) ; 20 min stretching ; take supper								
		Other															
Wednesday		3.9	AM		0		-	0		REST							
		AAM		40		Road	20		40 min (A1) ; 30 sec sprint every 10 min ; 20 min stretching ; take lunch								
		PM		35		Road	20		35 min (A1) ; 20 min stretching ; take lunch								
		Other															
Thursday		4.9	AM		15		Road	20		15 min (A1) ; 20 min stretching ; take breakfast							
		AAM		84		Kamariny	20		10 min w/u ; dynamic drills ; 8x1600m/3min (A3+/A1) ; (first and second 1600m at 4 min 45 sec ; third through eighth HR at 170-175 no higher than 175 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch								
		PM		0		-	0		REST								
		Other															
Friday		5.9	AM		0		-	0		REST							
		AAM		40		Road	20		40 min (A1) ; 30 sec sprint every 10 min ; 20 min stretching ; take lunch								
		PM		35		Road	20		35 min (A1) ; 20 min stretching ; take lunch								
		Other															
Saturday		6.9	AM		15		Road	20		15 min (A1) ; 20 min stretching ; take breakfast							
		AAM		58		Tambach	20		10 min w/u ; dynamic drills ; 3x4x400m/20sec/8min (I2/A1/A1) ; 15 min c/d (A1) ; 20 min stretching ; take lunch								
		PM		20		Road	20		20 min (A1) ; 20 min stretching ; take supper								
		Other															
Sunday		7.9	AM		110		Road	30		110 min (A1-A2) ; 30 min stretching ; take breakfast							
		AAM		0		-	0		REST								
		PM		0		-	0		REST								
		Other															
			0		648	0		310	0		0	0	0	0	0	0	

Week nr	2		Medium		Write your heartrate ranges here										≤155		165		175		min/km		sec/400m					
			Gym		Running			Other		Heart Rate Zones										A1	A2	A3	I1	I2	Starts			
Day	Date		#	Sets/ reps/ exer/ abs	Time	KM	Course	Other	Other	Session Description										1	2	3	4	5		Comments		
Monday		8.9	AM			0		-	0		REST																	
		AAM			40		Road	20		40 min (A1) ; 30 sec sprint every 10 min ; 20 min stretching ; take lunch																		
		PM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch																		
		Other																										
Tuesday		9.9	AM			15		Road	20		15 min (A1) ; 20 min stretching ; take breakfast																	
		AAM			89		Road	20		10 min w/u ; dynamic drills ; 3x18 min/5 min (A3-/A1) (first three min at 3:10 pace ; A3- HR 165-170 ; no higher than 170 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch																		
		PM			20		Road	20		20 min (A1) ; 20 min stretching ; take supper																		
		Other																										
Wednesday		10.9	AM			0		-	0		REST																	
		AAM			40		Road	20		40 min (A1) ; 30 sec sprint every 10 min ; 20 min stretching ; take lunch																		
		PM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch																		
		Other																										
Thursday		11.9	AM			15		Road	20		15 min (A1) ; 20 min stretching ; take breakfast																	
		AAM			92		Kamariny	20		10 min w/u ; dynamic drills ; 9x1600m/3min (A3+/A1) ; (first and second 1600m at 4 min 45 sec ; third through ninth HR at 170-175 no higher than 175 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch																		
		PM			0		-	0		REST																		
		Other																										
Friday		12.9	AM			0		-	0		REST																	
		AAM			40		Road	20		40 min (A1) ; 30 sec sprint every 10 min ; 20 min stretching ; take lunch																		
		PM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch																		
		Other																										
Saturday		13.9	AM			15		Road	20		15 min (A1) ; 20 min stretching ; take breakfast																	
		AAM			62		Tambach	20		10 min w/u ; dynamic drills ; 3x5x400m/20sec/8min (I2/A1/A1) ; 15 min c/d (A1) ; 20 min stretching ; take lunch																		
		PM			20		Road	20		20 min (A1) ; 20 min stretching ; take supper																		
		Other																										
Sunday		14.9	AM			115		Road	30		115 min (A1-A2) ; 30 min stretching ; take breakfast																	
		AAM			0		-	0		REST																		
		PM			0		-	0		REST																		
		Other																										
			0		668	0		310	0											0	0	0	0	0	0			

Week nr

Week Description: Aerobic/VO₂ Max Conditioning

Write your heartrate ranges here

[illegible]

Week nr

Week Description: Aerobic/VO₂ Max Conditioning

Write your heartrate ranges here

Week nr	4	Rest and Test								Write your heartrate ranges here									
		Gym				Running			Other		Heart Rate Zones								
		Day	Date		#	Sets/reps/exer/rabs	Time	KM	Course	Other	Other	Session Description	≤155	A1	A2	A3	I1	I2	Starts
Monday	22.9.	AM				0		-	0		REST								
		AAM				40		Road	20		40 min (A1) 30 sec sprint every 6 min ; 20 min stretching after ; take lunch								
		PM				40		Road	20		40 min (A1) ; 20 min stretching ; take lunch								
		Other																	
Tuesday	23.9.	AM				20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast								
		AAM				87		Road	20		10 min w/u ; dynamic drills ; 3x15 min/5 min (A3-/A1) (first three min at 3:10 pace ; A3- HR 165-170 ; no higher than 170 HR) ; 300m (Sprint)/200m (A1) ; 200m (Sprint)/300m(A1) ; 100m (Sprint)/400m (A1) ; 15 min c/d (A1) ; 20 min stretching ; take lunch								
		PM				30		Road	20		30 min (A1) ; 20 min stretching ; take supper								
		Other																	
Wednesday	24.9.	AM				0		-	0		REST								
		AAM				40		Road	20		40 min (A2) 30 sec sprint every 6 min ; 20 min stretching after ; take lunch								
		PM				40		Road	20		40 min (A1) ; 20 min stretching ; take supper								
		Other																	
Thursday	25.9.	AM				20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast								
		AAM				76		Kamariny	20		10 min w/u ; dynamic drills ; 6x1600m/3min (A3+/A1) ; (first and second 1600m at 4 min 45 sec ; third through eighth HR at 170-175 no higher than 175 HR) ; 300m (Sprint)/200m (A1) ; 200m (Sprint)/300m(A1) ; 100m (Sprint)/400m (A1) ; 15 min c/d (A1) ; 20 min stretching ; take lunch								
		PM				0		-	0		REST								
		Other																	
Friday	26.9.	AM				0		-	0		REST								
		AAM				40		Road	0		40 min (A2) ; 20 min stretching ; take lunch								
		PM				40		Road	0		40 min (A1) ; 20 min stretching ; take supper								
		Other																	
Saturday	27.9.	AM				0		-	0		REST								
		AAM				40		Road	20		40 min (A1) 30 sec sprint every 6 min ; 20 min stretching after ; take lunch								
		PM				40		Road	20		40 min (A1) ; 20 min stretching ; take supper								
		Other																	
Sunday	28.9.	AM				0		-	0		REST								
		AAM				0		-	0		REST								
		PM				0		-	0		REST								
		Other																	
			0			553	0		220	0		0	0	0	0	0	0		