

		TUE 01.05.	WED 02.05.	THU 03.05.	FRI 04.05.	SAT 05.05.	SUN 06.05.
Week 1		Endurance run as you like	Rest day	1 hour intervaltraining Pulse 130 – 150 Run in hilly terrain or Run in the city including stairs	1:10 relaxed endurance run	Rest day	1:30 to 2 hours endurance run Pulse 120 – 140
		Definition Target for BDM					
		Focusing on this goal					
	MON 07.05	TUE 08.05.	WED 09.05.	THU 10.05.	FRI 11.5	SAT 12.05.	SUN 13.05.
Week 2	Rest day	1:20 hours endurance run  incl. 5 - 10 minutes final acceleration  Pulse 135 - 145	Rest day	Intervaltraining	Rest day	2 hours endurance run 120 - 140 Pulse	Rest day
				20 min. Warmup run			
				1 min. fast / 1 min. slow 20 repetitions			
				5 min. walking 15 min fast running			
	MON 14.05.	TUE 15.05.	WED 16.05.	THU 17.05.	FRI 18.05.	SAT 19.05.	SUN 20.05.
Week 3	1:20 hours endurance run  30% below maximal pulse	Rest day	1 hour intervaltraining 12 minutes run in 2 x (3-6-3) minutes fast 1 min. walk after each session 4 minutes fast run 12 minutes run out	1:00 hour endurance run	Rest day	2 hours endurance run :	Rest day
						1:30 hours flat terrain 130 - 140 Pulse	
						30 minutes uphill running or walking fast	
						Pulse up to 160	
	MON 21.05.	TUE 22.05.	WED 23.05.	THU 24.05.	FRI 25.05.	SAT 26.05.	SUN 27.05.
Week 4	1:15 hours endurance run  Pulse 135-145	Rest day	Intervaltraining	1:00 hour endurance run	Rest day	2-2:30 hours endurance run  Pulse 130 - 140	Rest day
			10 minutes run in				
			3km, 2km, 1km, 500m fast 3 min. walk after each session 10 minutes run out				
	MON 28.05.	TUE 29.05.	WED 30.05.	THU 31.05.	FRI 01.06.	SAT 02.06.	SUN 03.06.
Week 5	1:20 hours endurance run  Pulse 130-140	Rest day	Intervaltraining	1:00 hour endurance run	Rest day	Intervalrun 1:30-1:40 130 - 160 Pulse	Rest day
			10 minutes run in				
			2x3 Min., 2x6 Min., 2x4 Min. 3 min. trot after each session 15 minutes run out				
						Info: Hilly terrain, this causes the pulse variation	

	<b>MON 04.06.</b>	<b>TUE 05.06.</b>	<b>WED 06.06.</b>	<b>THU 07.06.</b>	<b>FRI 08.06.</b>	<b>SAT 09.06.</b>	<b>SUN 10.06.</b>
Week 6	1:20 hours endurance run Pulse 130-140	Rest day	Intervaltraining	1:00 hour endurance run	Rest day	Intervalrun 2 hours Pulse 130 - 160	Rest day
	Last 10 Minutes faster pace		10-20 minutes run in			Info: Hilly terrain, this causes the pulse variation	
			2 Min, 3 Min, 2 min fast 2 min. trot after each session				
		15 minutes run out					
	<b>MON 11.06.</b>	<b>TUE 12.06.</b>	<b>WED 13.06.</b>	<b>THU 14.06.</b>	<b>FRI 15.06.</b>	<b>SAT 16.06.</b>	<b>SUN 17.06.</b>
Week 7	1:20 hours endurance run	Rest day	Intervaltraining	1:00 hour endurance run	Rest day	2 hours endurance run with 30-40 minutes mountain run	Rest day
	Pulse 130-140		20 minutes run in			(or faster 30-40 minutes in flat terrain)	
			1 hour interval run 20 minutes run out				
		Pulse 130 - 160					
	<b>MON 18.06.</b>	<b>TUE 19.06.</b>	<b>WED 20.06.</b>	<b>THU 21.06.</b>	<b>FRI 22.06.</b>	<b>SAT 23.06.</b>	<b>SUN 24.06.</b>
Week 8	1:20 hours endurance run	Rest day	Intervaltraining 60-70 minutes	1:00-1:20 hour endurance run	Rest day	2:00-2:30 hours endurance run in hilly terrain	Rest day
	70% of maximum pulse		10-20 minutes run in			10 minutes of gymnastics or stretching at the end	
				4-6-8-6-4-2-3-2 minutes fast 1 min. walk after each session			
		10 minutes run out				Pulse 130 – 160	
	<b>MON 25.06.</b>	<b>TUE 26.06.</b>	<b>WED 27.06.</b>	<b>THU 28.06.</b>	<b>FRI 29.06.</b>	<b>SAT 30.06.</b>	<b>SUN 01.07.</b>
Week 9	1:20 hours endurance run After 50 minutes faster pace up to 150 pulse	Rest day	Intervaltraining	Rest day	1 hour endurance run	2:00 hours endurance run in hilly terrain	Rest day
	70% of maximum pulse		Running in hilly terrain			70% of maximum pulse	
			Duration 1:20 hours				
		Pulse 120-160					
	<b>MON 02.07.</b>	<b>TUE 03.07.</b>	<b>WED 04.07.</b>	<b>THU 05.07.</b>	<b>FRI 06.07.</b>	<b>SAT 07.07.</b>	<b>SUN 08.07.</b>
Week 10	Rest day	Intervaltraining	Rest day	Arrival to the Brixen Dolomiten Marathon	Arrival to the Brixen Dolomiten Marathon	<b>Brixen Dolomiten Marathon</b>	Relax
		10-15 minutes run in		20 minutes relaxed run 10 minutes stretching		<b>Day of Happiness :-)</b>	
		4x1km (85-90% max. pulse)				<b>Running to the Limits</b>	
		2 min. walk after each session				Enjoy the Finisher Medal	
		10 minutes run out					