

|          |      | Date          | Workout                           | Workout distance (m) |
|----------|------|---------------|-----------------------------------|----------------------|
|          | Week |               |                                   |                      |
| Base 1   | 1    | February 3rd  | 3x600m, 2x1000m                   | 3800                 |
|          | 2    | February 10th | 5x800m                            | 4000                 |
|          | 3    | February 17th | 2x800m, 2x1200m                   | 4000                 |
| Base 2   | 4    | February 24th | 1600m, 1200m, 800m                | 3600                 |
|          | 5    | March 3rd     | 2x600m, 3x1000m                   | 4200                 |
|          | 6    | March 10th    | 4x1200m                           | 4800                 |
| Base 3   | 7    | March 17th    | 6x3 minutes                       |                      |
|          | 8    | March 24th    | 6x800m                            | 4800                 |
|          | 9    | March 31st    | Bench Mark                        |                      |
| Build A1 | 10   | April 7th     | 3x600m, 3x1000m                   | 4800                 |
|          | 11   | April 14th    | 2x800m, 1x1600m, 2x800m           | 4800                 |
|          | 12   | April 21st    | 3, 4, 5, 6, 7 minutes             |                      |
| Build A2 | 13   | April 28th    | 1600m, 1200m, 800m, 2x400m        | 4400                 |
|          | 14   | May 5th       | 5x1000m                           | 5000                 |
|          | 15   | May 12th      | 800m, 1200m, 1600m, 2000m         | 5600                 |
| Build A3 | 16   | May 19th      | 2x400m, 800m, 1600m, 800m, 2x400m | 4800                 |
|          | 17   | May 26th      | 7x800 m                           | 5600                 |
|          | 18   | June 2nd      | Bench Mark                        |                      |
| Build B1 | 19   | June 9th      | 2 x (4x200m, 2x400m, 800m)        | 4800                 |
|          | 20   | June 16th     | 3x800m, 2x1600m                   | 5600                 |
|          | 21   | June 23rd     | 4x1600m                           | 6400                 |
| Build B2 | 22   | June 30th     | 12x400m                           | 4800                 |
|          | 23   | July 7th      | 7x800m                            | 5600                 |
|          | 24   | July 14th     | 800m, 1200m, 1600m, 2000m         | 5600                 |
| Build B3 | 25   | July 21st     | 2, 3, 4, 5, 4, 3, 2 minutes       |                      |
|          | 26   | July 28th     | 2x1200m, 2x1600m                  | 5600                 |
|          | 27   | August 4th    | Bench Mark                        |                      |
| Taper    | 28   | August 11th   | 4x1200m                           | 4800                 |
|          | 29   | August 18th   | 3x600m, 3x1000m                   | 4800                 |
|          | 30   | August 25th   | 4x800m                            | 3200                 |

Workouts are subject to change at the discretion of the coach.

Green - Recovery  
Yellow - Build  
Red - Build