

Each workout starts with warm up (10-15 min ABC running form drills) and ends with stretching (10 min)

		<b>Content</b>	<b>Intensity/Peak heart rate</b>
<b>First training week</b>			
	First workout	2 x 1000 m target speed	Ca. 75-85% HRpeak
		4 km moderate endurance run	Ca. 70-75% HRpeak
	Second workout	5 x 400 m interval  3 min breaks between intervals  15 min stabilisation training	Ca. 80-85% HRpeak  Ca. 70% HRpeak  /
	Third workout	6 km run	Ca. 70-75% HRpeak
<b>Second training week</b>			
	First workout	3 x 1000 m target speed	Ca. 75-85% HRpeak
		5 km moderate endurance run	Ca. 70-75% HRpeak
	Second workout	6 km endurance run at aerobic threshold	Ca. 75-85% HRpeak
	Third workout	8 km run	Ca. 70-80% HRpeak
<b>Third training week</b>			
	First workout	2 x 2000 m target speed	Ca. 75-85% HRpeak
		6 km moderate endurance run	Ca. 70-75% HRpeak
	Second workout	6 x 400 m interval  3 min breaks between intervals  15 min stabilisation training	Ca. 75-85% HRpeak  Ca. 70% HRpeak  /
	Third workout	8 km endurance run	Ca. 75-85% HRpeak
<b>Fourth training week</b>			
	First workout	3 x 2000 m target speed	Ca. 75-85% HRpeak
		6 km moderate endurance run	Ca. 70-75% HRpeak
	Second workout	7 x 400 m interval  3 min breaks between intervals  15 min stabilisation training	Ca. 75-85% HRpeak  Ca. 70% HRpeak  /
	Third workout	10 km run	Ca. 75-85% HRpeak

Additional file 2 shows exercise period