

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 6pm - Run 12 km easy DAY 1	31 6:30pm - Functional 7pm - Body Combat	1 8:30pm - Body Pump	2 6pm - Run 17.5 km Long Run	3	4	5
6 7pm - Functional 30 min weight	7 8am - Run 11km tempo	8 8am - Run 10 km easy	9	10 8pm - 6 x 800 m speed	11	12 9am - Run 21 km Long Run
13	14 8pm - Grit HIIT 30 min	15 7:30pm - Run 3 km easy	16 3pm - Run 10 km tempo	17	18 3:30pm - Run 14 km Long Run	19
20 5:30pm - Bodypump 7pm - Bodyattack	21 6:30pm - CXWORX 7pm - Bodycombat	22 8pm - Handball 2 H TRAINING	23	24 6pm - Grit 6:30pm - Bodyattack	25	26 12pm - Run 25 km Long Run
27	28 7pm - Bodycombat	29 7pm - 4*1,2km 8pm - Handball	30	31	1	2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
	7pm - Bodycombat	7pm - 4*1,2km 8pm - Handball				
3	4	5	6	7	8	9
7pm - Run 26km Long Run		8pm - Handball	6pm - Bodycombat 7pm - Run 4 km		12pm - run 10 km EASY	
10	11	12	13	14	15	16
11:30am - run 28 km Long Run	6:30pm - Cxworx 7pm - Bodycombat	7pm - Run 11 km tempo			4pm - Run 21 km Long Run	
17	18	19	20	21	22	23
6:30pm - Cxworx 7pm - Bodyattack		8pm - Handball	6pm - Bodycombat 7pm - Bodypump 7:30pm - Cxworx 8pm - Bodybalance	6pm - Grit 6:30pm - Bodyattack		11am - 30 km Long Run
24	25	26	27	28	29	30
7pm - Bodyattack 8pm - Bodybalance	6:30pm - Run 8 km EASY	8pm - Cxworx 8:30pm - Bodypump		6pm - Grit	12pm - Bodycombat	11am - 34 km run Long Run

Marathon Training

Oct 2018 (Central European Time - Berlin)

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1 7pm - Bodyattack	2	3 5pm - Run 15 km tempo	4	5 6pm - Grit	6	7 8:30am - Run 21 km Long Run	
8	9	s i c k (FIBER)				13	14
5:30pm - Bodypump 6:15pm - Cxworx 7pm - Bodyattack					12pm - Bodycombat	11am - Run 26 km Long Run	
15 7pm - Bodyattack 8pm - Bodybalance	16	17 7pm - Bodyattack 8pm - Cxworx	18	19 GRIT	20 12:30pm - Bodycombat	21 11am - Run 36 km Long Run	
22	23 7pm - Cxworx 7:30pm - Bodycombat	24 7pm - Bodyattack	25	26 GRIT	27 11:30am - Bodycombat 12:30pm - Kraft	28 11am - Run 30 km Long Run	
29 6:30pm - Kraft 7pm - Bodyattack 8pm - Bodybalance	30 6:30pm - Cxworx 7pm - Bodycombat	31	1	2	3	4 5:30pm - Run 2 km 6pm - Cxworx 6:30pm - Bodyattack	

Weight TRAINING
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Marathon Training

Nov 2018 (Central European Time - Berlin)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29 6:30pm - Kraft 7pm - Bodyattack 8pm - Bodybalance	30 6:30pm - Cxworx 7pm - Bodycombat	31	1	2	3	4 5:30pm - Run 2 km 6pm - Cxworx 6:30pm - Bodyattack
5 6:30pm - Kraft 7pm - Grit	6	7	8	9 4-5 H walking	10 3-4 H walking	11 Athens Marathon