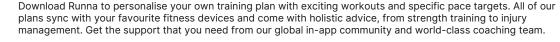




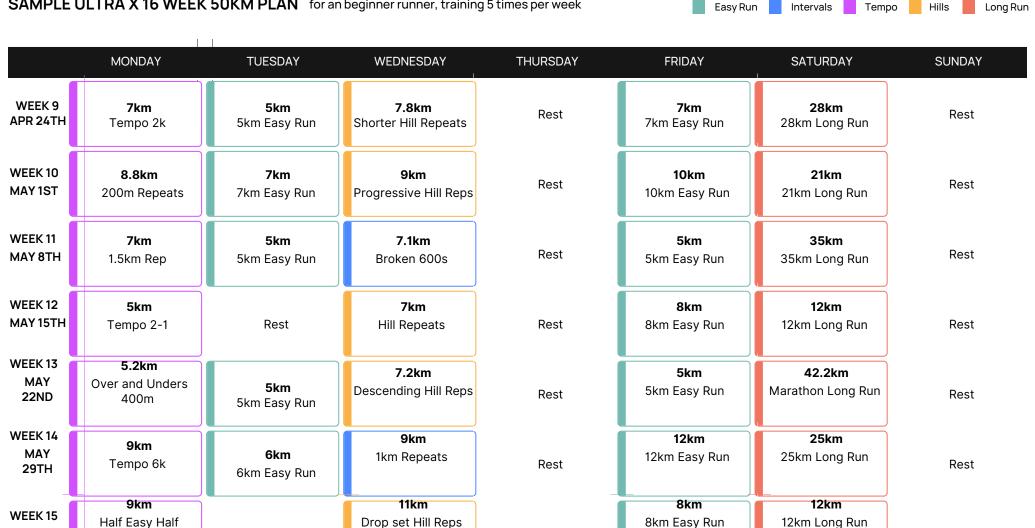
Use code THRESHOLD for free trial



Rest

7km

Taper Intervals





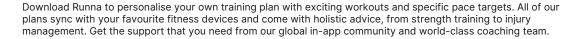
Tempo

Rest

JUN 5TH

**WEEK 16** 

JUN 12TH



5km

5km Easy Run

Rest

Rest

Rest

Use code THRESHOLD for free trial

Rest

Rest

50km

50km Race

