

ROAD TO POLIMIRUN  
**TRAINING SCHEDULE**  
BASIC LEVEL

	1 <sup>ST</sup> WEEKLY WORKOUT				2 <sup>ND</sup> WEEKLY WORKOUT				DATES	
	WARM-UP	MAIN WORK	WR	TTW	WARM-UP	MAIN WORK	WR	TTW		
1 <sup>^</sup> WEEK	5' W	3' R + 2' W	7	40	5' W	3' R + 1' W	5	25	03/03-09/03	M A R C H
2 <sup>^</sup> WEEK	5' W	4' R + 2' W	6	41	5' W	4' R + 1' W	5	30	10/03-16/03	
3 <sup>^</sup> WEEK	5' W	3' R + 1' W	10	45	5' W	5' R + 1' W	5	35	17/03-23/03	
4 <sup>^</sup> WEEK	5' W	5' R + 2' W	7	54	5' W	6' R + 1' W	5	40	24/03-30/03	
5 <sup>^</sup> WEEK	5' W	4' R + 1' W	10	55	5' W	7' R + 1' W	5	45	31/03-06/04	A P R I L
6 <sup>^</sup> WEEK	5' W	6' R + 2' W	7	61	5' W	8' R + 1' W	5	50	07/04-13/04	
7 <sup>^</sup> WEEK	5' W	6' R + 2' W	8	69	5' W	9' R + 1' W	5	55	14/04-20/04	
8 <sup>^</sup> WEEK	3' W	6' R + 1' W	9	66	3' W	10' R + 1' W	5	58	21/04-27/04	
9 <sup>^</sup> WEEK	3' W	7' R + 1' W	9	75	3' W	11' R + 1' W	5	63	28/04-04/05	M A Y
10 <sup>^</sup> WEEK	3' W	10' R + 2' W	6	75	3' W	12' R + 1' W	5	68	05/05-11/05	
11 <sup>^</sup> WEEK	3' W	12' R + 1' W	6	81	3' W	13' R + 1' W	5	73	12/05-18/05	
12 <sup>^</sup> WEEK	3' W	15' R + 1' W	4	67	POLIMIRUN				19/05-25/05	

**W** = walk

**R** = run

**WR** = work rounds (about main work)

**TTW** = total time workout