| UGE | MANDAG | ONSDAG | LØRDAG |
| --- | --- | --- | --- |
| 5 | 10 km Restitutions | Interval 4 x 500m 2 min pause | 12 km Restitutions |
| 6 | 12 km Restitutions | Interval 6 x500m 2 min pause | 14 km Restitutions |
| 7 | 12 km Restitutions | Interval 8 x 500m 2 min pause | 16 km Restitutions |
| 8 | 12 km Restitutions | Interval 8 x 500m 2 min pause | 18 km Restitutions |
| 9 | 10 km Restitutions  + 4km tempo løb | Interval 10 x 500m 2 min pause | 16 km Restitutions |
| 10 | 10 km Restitutions  + 4 km tempo løb | Interval 5 x1000m 3 min pause | 20 km Restitutions |
| 11 | 10 km Restitutions  4 km maraton tempo | Interval 12 x 500m 2 min pause | 18 km Restitutions |
| 12 | 9 km Restitutions  5 km tempoløb | Interval 3 x 2000m 3 min pause | 22 km Restitutions |
| 13 | 10 km Restitutions  6 km tempoløb | Interval 5 x 1000m 3min pause | 26 km Restitutions |
| 14 | 10 km Restitutions | Interval 4 x 2000m 3 min pause | 20 km Restitutions |
| 15 | 8 km Restitutions  7 km tempoløb | Interval 5 x 1000m 3 min pause | 28 km Restitutions  Borris tur |
| 16 | 10 km Restitutions | Interval 3 x 2000m 3 min pause | 20 km Restitutions |
| 17 | 8 km Restitutions  8 km tempoløb | Interval 5 x 1000m 3 min pause | 30 km Restitutions  bakketur |
| 18 | 8 km Restitutions | Interval 5 x 1000m 3 min pause | 16 km Restitutions |
| 19 | 4 km Restitutions  8 km tempoløb | Interval 4 x 1000m 3 min pause | 12 km Restitutions |
| 20 | 8 km Restitutions | 6 km Restitutions | København maraton |