

SPORT SUPPORTER

Soulis - Week: 1 - (First preperation phase) - (from 02/01/2018 to 08/01/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20' T2	20' T2	25' T2	Rest	25' T2	25' T2	30' T2

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Soulis - Week: 2 - (First preperation phase) - (from 09/01/2018 to 15/01/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25' T2	25' T2	30' T2	Rest	30' T2	30' T2	35' T2

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Soulis - Week: 3 - (General preparation phase) - (from 16/01/2018 to 22/01/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30' T2	15' T2	25' T2	30' T2	15' T2	25' T2	30' T2
3 X 60m	Stretching 10'	Stretching 10'	3 X 60m	Stretching 10'	Stretching 10'	3 X 60m
	2 X 5' General Strength	3 X 60m		2 X 5' General Strength	3 X 60m	
	1 X 60m after each set	14 X 200m		1 X 60m after each set	8 X 500m	
		200m = 00:00:40			500m = 00:01:53	
		Jogging Rest: 105"			Standing rest: 130"	
		Distance = 2800m			Distance = 4000m	
		10' T1			10' T1	

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Soulis - Week: 4 - (General preparation phase) - (from 23/01/2018 to 29/01/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30' T2	15' T2	25' T2	30' T2	15' T2	25' T2	40' T2
3 X 60m	Stretching 10'	Stretching 10'	3 X 60m	Stretching 10'	Stretching 10'	3 X 60m
	2 X 6' General Strength	3 X 60m		2 X 6' General Strength	3 X 60m	
	1 X 60m after each set	14 X 200m		1 X 60m after each set	8 X 600m	
		200m = 00:00:39			600m = 00:02:13	
		Jogging Rest: 100"			Standing rest: 130"	
		Distance = 2800m			Distance = 4800m	
		10' T1			10' T1	

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Soulis - Week: 5 - (General preparation phase) - (from 30/01/2018 to 05/02/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35' T2	20' T2	25' T2	35' T2	20' T2	25' T2	50' T2
3 X 60m	Stretching 10'	Stretching 10'	3 X 60m	Stretching 10'	Stretching 10'	3 X 60m
	2 X 7' General Strength	3 X 60m		2 X 7' General Strength	3 X 60m	
	1 X 60m after each set	12 X 200m		1 X 60m after each set	7 X 700m	
		200m = 00:00:40			700m = 00:02:36	
		Jogging Rest: 95"			Standing rest: 140"	
		Distance = 2400m			Distance = 4900m	
		10' T1			10' T1	

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Soulis - Week: 6 - (General preparation phase) - (from 06/02/2018 to 12/02/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T2	25' T2	25' T2	40' T2	25' T2	25' T2	60' T2
4 X 80m	Stretching 10'	Stretching 10'	4 X 80m	Stretching 10'	Stretching 10'	4 X 80m
	2 X 8' General Strength	4 X 60m		2 X 8' General Strength	4 X 60m	
	2 X 80m after each set	12 X 250m		2 X 80m after each set	7 X 800m	
		250m = 00:00:51			800m = 00:03:04	
		Jogging Rest: 90"			Standing rest: 140"	
		Distance = 3000m			Distance = 5600m	
		10' T1			10' T1	

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Soulis - Week: 7 - (General preparation phase) - (from 13/02/2018 to 19/02/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T2	25' T2	25' T2	40' T2	25' T2	25' T2	70' T2
4 X 80m	Stretching 10'	Stretching 10'	4 X 80m	Stretching 10'	Stretching 10'	4 X 80m
	2 X 9' General Strength	4 X 60m		2 X 9' General Strength	4 X 60m	
	2 X 80m after each set	12 X 300m		2 X 80m after each set	6 X 900m	
		300m = 00:01:00			900m = 00:03:23	
		Jogging Rest: 85"			Standing rest: 140"	
		Distance = 3600m			Distance = 5400m	
		10' T1			10' T1	

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Soulis - Week: 8 - (General preparation phase) - (from 20/02/2018 to 26/02/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45' T2	30' T2	30' T2	45' T2	30' T2	30' T2	80' T2
4 X 80m	Stretching 10'	Stretching 10'	4 X 80m	Stretching 10'	Stretching 10'	4 X 80m
	2 X 10' General Strength	4 X 60m		2 X 10' General Strength	4 X 60m	
	2 X 80m after each set	12 X 300m		2 X 80m after each set	6 X 1000m	
		300m = 00:01:01			1000m = 00:03:47	
		Jogging Rest: 80"			Standing rest: 150"	
		Distance = 3600m			Distance = 6000m	
		10' T1			10' T1	

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Soulis - Week: 9 - (General preparation phase) - (from 27/02/2018 to 05/03/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45' T2	30' T2	30' T2	45' T2	30' T2	30' T2	90' T2
5 X 80m	Stretching 10'	Stretching 10'	5 X 80m	Stretching 10'	Stretching 10'	5 X 80m
	2 X 11' Circuit Training	5 X 60m		2 X 11' Circuit Training	5 X 60m	
	2 X 80m after each set	12 X 300m		2 X 80m after each set	5 X 1100m	
		300m = 00:01:03			1100m = 00:04:18	
		Jogging Rest: 75"			Standing rest: 150"	
		Distance = 3600m			Distance = 5500m	
		10' T1			10' T1	

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Soulis - Week: 10 - (General preperation phase) - (from 06/03/2018 to 12/03/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50' T2	35' T2	30' T2	50' T2	35' T2	30' T2	100' T2
5 X 80m	Stretching 10'	Stretching 10'	5 X 80m	Stretching 10'	Stretching 10'	5 X 80m
	2 X 12' Circuit Training	5 X 60m		2 X 12' Circuit Training	5 X 60m	
	2 X 80m after each set	12 X 350m		2 X 80m after each set	5 X 1200m	
		350m = 00:01:12			1200m = 00:04:36	
		Jogging Rest: 70"			Standing rest: 150"	
		Distance = 4200m			Distance = 6000m	
		10' T1			10' T1	

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Soulis - Week: 11 - (Specific preperation phase) - (from 13/03/2018 to 19/03/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	20' T2	40' T2	20' T2	40' T2	20' T2	115' T2
5 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	5 X 100m
Stretching 10'	Running drills: 2'	Running drills: 2'	Running drills: 2'	Running drills: 2'	Running drills: 2'	Stretching 10'
	6 X 60m	2 X 13' Circuit training	6 X 60m	2 X 13' Circuit training	6 X 60m	
	9 X 500m	2 X 100m after each set	7 X 450m	2 X 100m after each set	7 X 1000m	
	500m = 00:01:44		450m = 00:01:33		1000m = 00:03:47	
	Standing Rest: 140"	Stretching 10'	Running Rest: 110"	Stretching 10'	Standing Rest: 130"	
	Distance = 4500m		Distance = 3150m		Distance = 7000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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Soulis - Week: 12 - (Specific preperation phase) - (from 20/03/2018 to 26/03/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	20' T2	40' T2	20' T2	40' T2	20' T2	125' T2
6 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	6 X 100m
Stretching 10'	Running drills: 4'	Running drills: 4'	Running drills: 4'	Running drills: 4'	Running drills: 4'	Stretching 10'
	6 X 60m	2 X 14' Circuit training	6 X 60m	2 X 14' Circuit training	6 X 60m	
	8 X 700m	3 X 100m after each set	8 X 400m	3 X 100m after each set	6 X 1500m	
	700m = 00:02:30		400m = 00:01:24		1500m = 00:05:54	
	Standing Rest: 130"	Stretching 10'	Running Rest: 100"	Stretching 10'	Standing Rest: 140"	
	Distance = 5600m		Distance = 3200m		Distance = 9000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

SPORT SUPPORTER

Soulis - Week: 13 - (Specific preparation phase) - (from 27/03/2018 to 02/04/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	130' T2
6 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	6 X 100m
Stretching 10'	Running drills: 6'	Running drills: 6'	Running drills: 6'	Running drills: 6'	Running drills: 6'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	7 X 900m	3 X 100m after each set	9 X 350m	3 X 100m after each set	5 X 2000m	
	900m = 00:03:11	Stretching 10'	350m = 00:01:11	Stretching 10'	2000m = 00:07:46	
	Standing Rest: 120"		Running Rest: 90"		Standing Rest: 150"	
	Distance = 6300m		Distance = 3150m		Distance = 10000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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Soulis - Week: 14 - (Specific preperation phase) - (from 03/04/2018 to 09/04/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	140' T2
6 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	6 X 100m
Stretching 10'	Running drills: 8'	Running drills: 8'	Running drills: 8'	Running drills: 8'	Running drills: 8'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	6 X 1100m	3 X 100m after each set	10 X 300m	3 X 100m after each set	4 X 2500m	
	1100m = 00:03:56	Stretching 10'	300m = 00:01:00	Stretching 10'	2500m = 00:09:50	
	Standing Rest: 110"		Running Rest: 80"		Standing Rest: 160"	
	Distance = 6600m		Distance = 3000m		Distance = 10000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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Soulis - Week: 15 - (Specific preperation phase) - (from 10/04/2018 to 16/04/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	145' T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 X 100m
Stretching 10'	Running drills: 10'	Running drills: 10'	Running drills: 10'	Running drills: 10'	Running drills: 10'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 1300m	3 X 100m after each set	11 X 250m	3 X 100m after each set	3 X 3000m	
	1300m = 00:04:49	Stretching 10'	250m = 00:00:51	Stretching 10'	3000m = 00:12:15	
	Standing Rest: 100"		Running Rest: 70"		Standing Rest: 170"	
	Distance = 5200m		Distance = 2750m		Distance = 9000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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Soulis - Week: 16 - (Specific preperation phase) - (from 17/04/2018 to 23/04/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	150' T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 X 100m
Stretching 10'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 1500m	3 X 100m after each set	12 X 200m	3 X 100m after each set	2 X 3500m	
	1500m = 00:05:30	Stretching 10'	200m = 00:00:39	Stretching 10'	3500m = 00:14:07	
	Standing Rest: 90"		Running Rest: 60"		Standing Rest: 180"	
	Distance = 6000m		Distance = 2400m		Distance = 7000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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Soulis - Week: 17 - (Specific preperation phase) - (from 24/04/2018 to 30/04/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	160' T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 X 100m
Stretching 10'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 1500m	3 X 100m after each set	13 X 150m	3 X 100m after each set	2 X 4000m	
	1500m = 00:05:34	Stretching 10'	150m = 00:00:29	Stretching 10'	4000m = 00:16:19	
	Standing Rest: 80"		Running Rest: 50"		Standing Rest: 190"	
	Distance = 6000m		Distance = 1950m		Distance = 8000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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Soulis - Week: 18 - (Specific preperation phase) - (from 01/05/2018 to 07/05/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	30' T2	45' T2	30' T2	45' T2	30' T2	165' T2
8 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	8 X 100m
Stretching 10'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Running drills: 12'	Stretching 10'
	6 X 60m	2 X 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 1500m	4 X 100m after each set	14 X 100m	4 X 100m after each set	2 X 4500m	
	1500m = 00:05:45	Stretching 10'	100m = 00:00:19	Stretching 10'	4500m = 00:19:05	
	Standing Rest: 70"		Running Rest: 40"		Standing Rest: 200"	
	Distance = 6000m		Distance = 1400m		Distance = 9000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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Soulis - Week: 19 - (Pre-competition phase) - (from 08/05/2018 to 14/05/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	30' T2	20' T2	60' T2	60' T2	20' T2	175' T2
8 X 100m	Stretching 10'	Stretching 10'	6 X 100m	6 X 100m	Stretching 10'	6 X 100m
Stretching 10'	Running drills: 6'	Running drills: 6'	Stretching 10'	Stretching 10'	Running drills: 6'	Stretching 10'
	2 X 10' Circuit training	6 X 100m			6 X 100m	
	3 X 100m after each set	12 X 600m			3 X 5000m	
	Stretching 10'	600m = 00:02:18			5000m = 00:20:25	
		Running Rest: 60"			Standing Rest: 180"	
		Distance = 7200m			Distance = 15000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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Soulis - Week: 20 - (Pre-competition phase) - (from 15/05/2018 to 21/05/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	30' T2	20' T2	40' T2	30' T2	20' T2	20' T2
6 X 100m	Stretching 10'	Stretching 10'	6 X 100m	6 X 100m	6 X 100m	Stretching 10'
Stretching 10'	Running drills: 6'	Running drills: 6'	Stretching 10'	Stretching 10'	Stretching 10'	Running drills: 3'
	2 X 10' Circuit training	6 X 100m				6 X 100m
	3 X 100m after each set	12 X 400m				1 X 10000m
	Stretching 10'	400m = 00:01:27				10000m = faster than 00:36:42
		Standing Rest: 60"				Or 10Km Race
		Distance = 4800m				Distance = 10000m
		10' T1				10' T1
		Stretching 10'				Stretching 10'

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Soulis - Week: 21 - (Competition phase) - (from 22/05/2018 to 28/05/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T1	50' T2	20' T2	30' T2	50' T2	20' T2	150' T2
6 X 100m	6 X 100m	Stretching 10'	Stretching 10'	6 X 100m	Stretching 10'	6 X 100m
Stretching 10'	Stretching 10'	Running drills: 4'	Running drills: 4'	Stretching 10'	Running drills: 4'	Stretching 10'
		6 X 100m	2 X 8' Circuit training		6 X 100m	
		12 X 500m	3 X 100m after each set		2 X 7000m	
		500m = 00:01:48	Stretching 10'		7000m = 00:26:35	
		Standing Rest: 60"			Standing Rest: 180"	
		Distance = 6000m			Distance = 14000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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Soulis - Week: 22 - (Competition phase) - (from 29/05/2018 to 04/06/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T1	50' T2	20' T2	30' T2	30' T2	20' T2	20' T2
6 X 100m	6 X 100m	Stretching 10'	Stretching 10'	6 X 100m	6 X 100m	Stretching 10'
Stretching 10'	Stretching 10'	Running drills: 4'	Running drills: 4'	Stretching 10'	Stretching 10'	Running drills: 2'
		6 X 100m	2 X 8' Circuit training			6 X 100m
		10 X 500m	3 X 100m after each set			1 X 21098m
		500m = 00:01:55				21098m = faster than 01:22:03
		Standing Rest. 60"	Stretching 10'			Or 21.098Km Race
		Distance = 5000m				Distance = 21098m
		10' T1				10' T1
		Stretching 10'				Stretching 10'

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Soulis - Week: 23 - (Competition phase) - (from 05/06/2018 to 11/06/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T1	50' T2	20' T2	50' T2	40' T2	20' T2	90' T2
6 X 100m	6 X 100m	Stretching 10'	6 X 100m	6 X 100m	Stretching 10'	6 X 100m
Stretching 10'	Stretching 10'	Running drills: 4'	Stretching 10'	Stretching 10'	Running drills: 4'	Stretching 10'
		6 X 100m			6 X 100m	
		10 X 600m			3 X 4000m	
		600m = 00:02:15			4000m = 00:15:22	
		Standing Rest: 60"			Standing Rest: 180"	
		Distance = 6000m			Distance = 12000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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Soulis - Week: 24 - (Competition phase) - (from 12/06/2018 to 18/06/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50' T1	40' T2	20' T2	Rest	30' T2	20' T2	Race
6 X 100m	6 X 100m	Stretching 10'		6 X 100m	6 X 100m	
Stretching 10'	Stretching 10'	Running drills: 4'		Stretching 10'	Stretching 10'	
		6 X 100m				
		8 X 400m				
		400m = 00:01:32				
		Standing Rest: 80"				
		Distance = 3200m				
		10' T1				
		Stretching 10'				