

SPORT SUPPORTER

Chrysostomos - Week: 1 - (First preperation phase) - (from 16/04/2017 to 22/04/2017)

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

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Chrysostomos - Week: 2 - (First preperation phase) - (from 23/04/2017 to 29/04/2017)

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

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Chrysostomos - Week: 3 - (General preparation phase) - (from 30/04/2017 to 06/05/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30'T2	15'T2	25'T2	30'T2	15'T2	25'T2	50'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 = 00:00:36			500m = 00:01:41	
		Jogging Rest: 105"			Standing rest: 130"	
		Distance = 2800m			Distance = 4000m	
		10'T1			10'T1	

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Chrysostomos - Week: 4 - (General preparation phase) - (from 07/05/2017 to 13/05/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30'T2	15'T2	25'T2	30'T2	15'T2	25'T2	50'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 = 00:00:37			600m = 00:02:04	
		Jogging Rest: 100"			Standing rest: 130"	
		Distance = 2800m			Distance = 4800m	
		10'T1			10'T1	

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Chrysostomos - Week: 5 - (General preparation phase) - (from 14/05/2017 to 20/05/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35' T2	20' T2	25' T2	35' T2	20' T2	25' T2	55' 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 = 00:00:36			700m = 00:02:23	
		Jogging Rest: 95"			Standing rest: 140"	
		Distance = 2400m			Distance = 4900m	
		10' T1			10' T1	

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Chrysostomos - Week: 6 - (General preparation phase) - (from 21/05/2017 to 27/05/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35' T2	20' T2	25' T2	35' T2	20' T2	25' T2	55' 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 = 00:00:47			800m = 00:02:48	
		Jogging Rest: 90"			Standing rest: 140"	
		Distance = 3000m			Distance = 5600m	
		10' T1			10' T1	

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Chrysostomos - Week: 7 - (General preparation phase) - (from 28/05/2017 to 03/06/2017)

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 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 = 00:00:55			900m = 00:03:06	
		Jogging Rest: 85"			Standing rest: 140"	
		Distance = 3600m			Distance = 5400m	
		10' T1			10' T1	

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Chrysostomos - Week: 8 - (General preparation phase) - (from 04/06/2017 to 10/06/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T2	25' T2	30' T2	40' T2	25' T2	30' T2	60' 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 = 00:00:57			1000m = 00:03:33	
		Jogging Rest: 80"			Standing rest: 150"	
		Distance = 3600m			Distance = 6000m	
		10' T1			10' T1	

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Chrysostomos - Week: 9 - (General preparation phase) - (from 11/06/2017 to 17/06/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
45' T2	30' T2	30' T2	45' T2	30' T2	30' T2	65' T2
5 X 80m	Stretching 10'	Stretching 10'	5 X 80m	Stretching 10'	Stretching 10'	5 X 80m
	2 X 11' General Strength	5 X 60m		2 X 11' General Strength	5 X 60m	
	2 X 80m after each set	12 X 300m		2 X 80m after each set	5 X 1100m	
		300m = 00:00:56			1100m = 00:03:50	
		Jogging Rest: 75"			Standing rest: 150"	
		Distance = 3600m			Distance = 5500m	
		10' T1			10' T1	

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Chrysostomos - Week: 10 - (General preperation phase) - (from 18/06/2017 to 24/06/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50' T2	30' T2	30' T2	50' T2	30' T2	30' T2	70' T2
5 X 80m	Stretching 10'	Stretching 10'	5 X 80m	Stretching 10'	Stretching 10'	5 X 80m
	2 X 12' General Strength	5 X 60m		2 X 12' General Strength	5 X 60m	
	2 X 80m after each set	12 X 350m		2 X 80m after each set	5 X 1200m	
		350m = 00:01:07			1200m = 00:04:18	
		Jogging Rest: 70'			Standing rest: 150'	
		Distance = 4200m			Distance = 6000m	
		10' T1			10' T1	

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Chrysostomos - Week: 11 - (General preperation phase) - (from 25/06/2017 to 01/07/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50' T2	35' T2	30' T2	50' T2	35' T2	30' T2	70' T2
5 X 100m	Stretching 10'	Stretching 10'	5 X 100m	Stretching 10'	Stretching 10'	5 X 100m
	2 X 13' Circuit Training	5 X 60m		2 X 13' Circuit Training	5 X 60m	
	2 X 100m after each set	10 X 400m		2 X 100m after each set	4 X 1300m	
		400m = 00:01:15			1300m = 00:04:35	
		Jogging Rest: 65"			Standing rest: 160"	
		Distance = 4000m			Distance = 5200m	
		10' T1			10' T1	

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Chrysostomos - Week: 12 - (General preperation phase) - (from 02/07/2017 to 08/07/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
55' T2	40' T2	30' T2	55' T2	40' T2	30' T2	75' T2
6 X 100m	Stretching 10'	Stretching 10'	6 X 100m	Stretching 10'	Stretching 10'	6 X 100m
	2 X 14' Circuit Training	6 X 60m		2 X 14' Circuit Training	6 X 60m	
	3 X 100m after each set	10 X 400m		3 X 100m after each set	4 X 1400m	
		400m = 00:01:17			1400m = 00:05:05	
		Jogging Rest: 60"			Standing rest: 160"	
		Distance = 4000m			Distance = 5600m	
		10' T1			10' T1	

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Chrysostomos - Week: 13 - (General preperation phase) - (from 09/07/2017 to 15/07/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
55'T2	40'T2	35'T2	55'T2	40'T2	35'T2	75'T2
6 X 100m	Stretching 10'	Stretching 10'	6 X 100m	Stretching 10'	Stretching 10'	6 X 100m
	2 X 15' Circuit Training	6 X 60m		2 X 15' Circuit Training	6 X 60m	
	3 X 100m after each set	8 X 400m		3 X 100m after each set	3 X 1500m	
		400m = 00:01:16			1500m = 00:05:21	
		Jogging Rest: 55'			Standing rest: 160'	
		Distance = 3200m			Distance = 4500m	
		10'T1			10'T1	

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Chrysostomos - Week: 14 - (Specific preparation phase) - (from 16/07/2017 to 22/07/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	20' T2	45' T2	20' T2	45' T2	20' T2	90' T2
6 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	6 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 15' Circuit training	6 X 60m	2 X 15' Circuit training	6 X 60m	
	4 X 500m	3 X 100m after each set	7 X 450m	3 X 100m after each set	7 X 1000m	
	500m = 00:01:37		450m = 00:01:27		1000m = 00:03:33	
	Standing Rest: 140"	Stretching 10'	Running Rest: 110"	Stretching 10'	Standing Rest: 130"	
	Distance = 2000m		Distance = 3150m		Distance = 7000m	
	10' T1		10' T1		10' T1	
	Stretching 10'		Stretching 10'		Stretching 10'	

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Chrysostomos - Week: 15 - (Specific preparation phase) - (from 23/07/2017 to 29/07/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	20' T2	45' T2	20' T2	45' T2	20' T2	90' T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 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 15' Circuit training	6 X 60m	2 X 15' 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 = 00:02:14		400m = 00:01:15		1500m = 00:05:15	
	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'	

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Chrysostomos - Week: 16 - (Specific preparation phase) - (from 30/07/2017 to 05/08/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	95' T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 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 = 00:02:58		350m = 00:01:06		2000m = 00:07:16	
	Standing Rest: 120"	Stretching 10'	Running Rest: 90"	Stretching 10'	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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Chrysostomos - Week: 17 - (Specific preparation phase) - (from 06/08/2017 to 12/08/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	100' T2
7 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	7 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 = 00:03:36	Stretching 10'	300m = 00:00:55	Stretching 10'	2500m = 00:08:59	
	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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Chrysostomos - Week: 18 - (Specific preparation phase) - (from 13/08/2017 to 19/08/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	100' T2
8 X 100m	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	Stretching 10'	8 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	4 X 100m after each set	11 X 250m	4 X 100m after each set	3 X 3000m	
	1300m = 00:04:24	Stretching 10'	250m = 00:00:46	Stretching 10'	3000m = 00:11:11	
	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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Chrysostomos - Week: 19 - (Specific preparation phase) - (from 20/08/2017 to 26/08/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	105' 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	12 X 200m	4 X 100m after each set	2 X 3500m	
	1500m = 00:05:01	Stretching 10'	200m = 00:00:36	Stretching 10'	3500m = 00:12:53	
	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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Chrysostomos - Week: 20 - (Specific preparation phase) - (from 27/08/2017 to 02/09/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	25' T2	45' T2	25' T2	45' T2	25' T2	110' 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	13 X 150m	4 X 100m after each set	2 X 4000m	
	1500m = 00:05:12	Stretching 10'	150m = 00:00:27	Stretching 10'	4000m = 00:15:18	
	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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Chrysostomos - Week: 21 - (Pre-competition phase) - (from 03/09/2017 to 09/09/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60' T2	30' T2	20' T2	50' T2	60' T2	20' T2	90' T2
9 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 500m			3 X 4000m	
	Stretching 10'	500m = 00:01:39			4000m = 00:14:02	
		Running Rest: 70"			Standing Rest: 180"	
		Distance = 6000m			Distance = 12000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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Chrysostomos - Week: 22 - (Pre-competition phase) - (from 10/09/2017 to 16/09/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
50' 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 = 00:01:19				10000m = faster than 00:33:31
		Standing Rest: 60"				Or 10km Race
		Distance = 4800m				Distance = 10000m
		10' T1				10' T1
		Stretching 10'				Stretching 10'

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Chrysostomos - Week: 23 - (Competition phase) - (from 17/09/2017 to 23/09/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T1	50' T2	20' T2	30' T2	50' T2	20' T2	80' 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 5000m	
		500m = 00:01:39			5000m = 00:16:57	
		Standing Rest: 60"	Stretching 10'		Standing Rest: 150"	
		Distance = 6000m			Distance = 10000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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Chrysostomos - Week: 24 - (Competition phase) - (from 24/09/2017 to 30/09/2017)

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 10000m
		500m = 00:01:39	Stretching 10'			10000m = faster than 00:33:31
		Standing Rest: 60"				Or 10km Race
		Distance = 5000m				Distance = 10000m
		10'T1				10'T1
		Stretching 10'				Stretching 10'

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Chrysostomos - Week: 25 - (Competition phase) - (from 01/10/2017 to 07/10/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40' T1	50' T2	20' T2	50' T2	40' T2	20' T2	80' 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 500m			2 X 3500m	
		500m = 00:01:37			3500m = 00:11:36	
		Standing Rest: 60"			Standing Rest: 180"	
		Distance = 5000m			Distance = 7000m	
		10' T1			10' T1	
		Stretching 10'			Stretching 10'	

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Chrysostomos - Week: 26 - (Competition phase) - (from 08/10/2017 to 14/10/2017)

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 = 00:01:19				
		Standing Rest: 80"				
		Distance = 3200m				
		10' T1				
		Stretching 10'				