

Level	R (Min)	E (Min)	Long (Min)	Fartlek	Inverted Fartlek	Progression Run	Aerobic Repeats	30-90 Fartlek
1	10	11	20	1-2 x 4		4-4-4		
2	13	14	25	1-2 x 5		5-5-5		
3	15	17	30	2-3 x 3	3-2 x 3	5-5-5	2.5-1.5 x 4	16
4	18	20	35	2-3 x 3	3-2 x 3	10-5-5	2.5-1.5 x 4	18
5	20	23	40	2-3 x 4	3-2 x 4	5-5-5-5	4-2 x 4	20
6	23	26	45	2-3 x 4	3-2 x 4	5-5-5-5	4-2 x 4	22
7	25	29	50	2-3 x 5	3-2 x 5	10-5-5-5	4-3 x 4	24
8	28	31	55	2-3 x 5	3-2 x 5	10-5-5-5	4-3 x 4	26
9	30	34	60	2-3 x 5	3-2 x 5	10-10-5-5	4-2 x 5	28
10	33	37	65	2-3 x 6	3-2 x 6	10-10-5-5	4-2 x 5	30
11	35	40	70	2-3 x 6	3-2 x 6	10-10-5-5	5-3 x 4	32
12	38	43	75	2-3 x 6	3-2 x 6	10-10-10-5	5-3 x 4	32
13	40	46	80	2-3 x 7	3-2 x 7	10-10-10-5	5-3 x 4	34
14	43	49	85	2-3 x 7	3-2 x 7	10-10-10-5	6-3 x 4	36
15	45	51	90	2-3 x 7	3-2 x 7	10-10-10-5	6-3 x 4	36
16	48	54	95	2-3 x 7	3-2 x 8	10-10-10-10	6-3 x 4	38
17	50	57	100	2-3 x 7	3-2 x 8	10-10-10-10	6-3 x 4	40
18	53	60	105	2-3 x 7	3-2 x 8	10-10-10-10	6-3 x 4	40