

















TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILEAGE
1	6	6 	4 (A.M.) 4 (P.M.)	6 	4	13	7	50
2	OFF	6 	8	4 (a.m.) 4 (p.m.)	4	15	9	50
3	OFF	8	5 (a.m.) 5 (p.m.) 	6 	6	18	9	57
4	OFF	8 	8	8	8	15 	11	58
5	OFF	8	8	5 (a.m.) 5 (p.m.)	8	13	13	60
6	OFF	5 (a.m.) 5 (p.m.)	8	6 	6	18 	13	61
7	OFF	8	8	8	6	20	15	65
8	OFF	6	8	8	6	15 	13	56
9	OFF	8	8	8	8	18	11	61
10	OFF	8	6	6 	4	22	13	59
11	OFF	4 (a.m.) 4 (p.m.) 	6	6	6	25	15	66
12	OFF	6	6	8 	6	15	11	52
13	OFF	10	6	6 	4	30	7	63
14	OFF	5 (a.m.) 5 (p.m.)	6	6 	6	15	7	50
15	OFF	8	6	6 	6	10	7	43
16	OFF	6	6	4	3	2	RACE DAY! 31	52

 = Fartlek  = Hill Repeats  = Tempo  = Additional mileage day