

















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