



TRAINING PLAN

	M	T	W	TH	F	SA	SU
1 JULY 27- AUG 2	REST	3 MI	3 MI	3 MI	ACTIVE REST	4 MI	60 M XT
2 AUG 3-9	REST	3 MI	3 MI PACE	3 MI	ACTIVE REST	5 MI	60 M XT
3 AUG 10-16	REST	3 MI	4 MI	3 MI	ACTIVE REST	6 MI	60 M XT
4 AUG 17-23	REST	3 MI	4 MI PACE	3 MI	ACTIVE REST	7 MI	60 M XT
5 AUG 24-30	REST	3 MI	4 MI	3 MI	ACTIVE REST	8 MI	60 M XT
6 AUG 31- SEPT 6	REST	3 MI	4 MI PACE	3 MI	ACTIVE REST	5K RACE	60 M XT
7 SEPT 7-13	REST	3 MI	5 MI	3 MI	ACTIVE REST	9 MI	60 M XT
8 SEPT 14-20	REST	3 MI	5 MI PACE	3 MI	ACTIVE REST	10 MI	60 M XT
9 SEPT 21-27	REST	3 MI	5 MI	3 MI	ACTIVE REST	10K RACE	60 M XT
10 SEPT 28- OCT 4	REST	3 MI	5 MI PACE	3 MI	ACTIVE REST	11 MI	60 M XT
11 OCT 5-11	REST	3 MI	5 MI	3 MI	ACTIVE REST	6 MI	30 M XT
12 OCT 12-18	REST	3 MI	2 MI PACE	2 MI	ACTIVE REST		REST