

WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	3 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	2 Miles Easy; Strength Train	Active Recovery; Strength Train	3 Mile Run Easy	Active Recovery	Off/Rest
2	4 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	3 Miles Easy; Strength Train	Active Recovery	4 Mile Easy Run	Active Recovery	Off/Rest
3	4 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	3 Miles Easy; Strength Train	Active Recovery	4 Miles Easy	2 Miles Easy	Off/Rest
4	4 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	4 Mile Easy	Strength Train	4 Miles Easy	2 Miles Easy; Strength Train	Off/Rest
5	4 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	3 Mile Speed 1 Mile Warm Up; 4 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	3 Miles Easy	3 Miles E; 1 Mile at RPE 8; Strength Train	Off/Rest
6	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	3.5 Mile Speed 1 Mile Warm Up; 6 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	3 Miles Easy	4 Miles Easy; 1 Mile at RPE 8; Strength Train	Off/Rest
7	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	4 Mile Speed 1 Mile Warm Up; 8 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	3 Miles Easy	4 Miles; 2 x 1 Mile at RPE of 8; Strength Train	Off/Rest
8	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	34 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8 w/ 400 Recovery; 1 Miles Cool Down	4 Miles Easy	4.5 Miles; 2 x 1 Miles at RPE 8; Strength Train	Off/Rest
9	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Miles Cool Down	3 Miles Easy	4 Miles; 1 Mile at RPE of 8; Strength Train	Off/Rest
10	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	4.5 Mile Speed 1 Mile Warm Up; 5 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	4 Miles Easy	5 Miles; 2 Miles at RPE of 8, Strength Train	Off/Rest
11	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	5.5 Mile Speed 1 Mile Warm Up; 7 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	5 Miles Easy	6 Miles; 2 x 1 Mile RPE 8; Strength Training	Off/Rest
12	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	Active Recovery	4 Miles; Strength Train	Off/Rest
13	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	3 Mile Speed 1 Mile Warm Up; 4 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool Down	3 Miles Easy	4 Miles; 1 Mile RPE 8; Strength Training	Off/Rest