

WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	6 Miles E	Active Recovery; Walk or Play for 30 Minutes	4 Miles E; Strength Train	3.5 Mile Speed: 1 Mile E; 6 x 200 RPE 8.5 w/ 200 Recovery/ Repeat; 1 Mile Cool Down	4 Miles E	3 Miles: 1 Mile at 8 RPE; Strength Train	Off/Rest
2	8 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	4.5 Mile Speed: 1 Mile Warm Up; 5 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	6 Miles E	4 Miles: 1.5 Miles at RPE 8; Strength Train	Off/Rest
3	9 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	5 Miles Speed: 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	6 Miles E	5 Miles: 2 Miles at RPE 8; Strength Train	Off/Rest
4	10 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	5.5 Miles Speed: 1 Mile Warm Up; 7 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	6 Miles E	5 Miles E: 2 Miles at RPE 8; Strength Train	Off/Rest
5	8 Miles E	Active Recovery; Walk or Play for 30 Minutes	4 Miles E; Strength Train	4 Miles Speed: 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	5 Miles E	5 Miles: 2 Miles at RPE 8; Strength Train	Off/Rest
6	9 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	5 Miles Speed: 1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	6 Miles E	5 Miles E; 2 Miles at RPE 8; Strength Train	Off/Rest
7	10 Miles E	Active Recovery; Walk or Play for 30 Minutes	6 Miles E; Strength Train	6 Miles Speed: 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	6 Miles E	6 Miles; 2 x 1.5 Miles at RPE of 8; Strength Train	Off/Rest
8	11 Miles	Active Recovery; Walk or Play for 30 Minutes	6 Miles E; Strength Train	8 Mile Speed: 1 Mile Warm Up; 6 x 800 RPE 8 w/ 800 Recovery; 1 Miles Cool Down	7 Miles E	5 Miles E; 2 x 1.5 Miles at RPE 8 Strength Train	Off/Rest
9	9 Miles E	Active Recovery; Walk or Play for 30 Minutes	6 Mile Run; Strength Train	6 Miles Speed: 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	6 Miles E	5 Miles : 2 x 1.5 Miles at RPE 8; Strength Train	Off/Rest
10	12 Miles E	Active Recovery; Walk or Play for 30 Minutes	5.75 Miles E; Strength Train	5.75 Miles Speed: 1 Mile Warm Up; 3 x 1200 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	7 Miles E	7 Miles: 2 x 2 Miles at RPE 8; Strength Train	Off/Rest
11	13 Miles E	Active Recovery; Walk or Play for 30 Minutes	8 Miles E; Strength Train	8 Miles Speed: 1 Mile Warm Up; 6 x 800 RPE 8 w/ 800 Recovery; 1 Mile Cool Down	7 Miles E	6 Miles: 2 x 1 Mile at RPE 8; Strength Train	Off/Rest
12	10 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	5 Miles Speed: 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	5 Miles E	5 Miles: 1.5 Miles at RPE 8; Strength Train	Off/Rest
13	8 Miles E	Active Recovery; Walk or Play for 30 Minutes	3.5 Miles E; Strength Train	3.5 Miles Speed: 1 Mile Warm Up; 3 x 400 RPE 8 w/ 400 Re- covery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	4 Miles: 1 Mile RPE 8; Strength Train	Off/Rest