

WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	4 Miles E	Active Recovery; Walk or Play for 30 Minutes	4 Miles E; Strength Train	3 Mile Speed: 1 Mile E; 4 x 200 RPE 8.5 w/200 Recov- ery per Repeat; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	4 Miles: 1 Mile at RPE 8; Strength Train	Off/Rest
2	5 Miles E	Active Recovery; Walk or Play for 30 Minutes	3 Miles E; Strength Train	3.5 Mile Speed: 1 Mile Warm Up; 6 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles: 1 Mile at RPE 8; Strength Train	Off/Rest
3	7 Miles E	Active Recovery; Walk or Play for 30 Minutes	4 Miles E; Strength Train	3.5 Mile Speed: 1 Mile Warm Up; 6 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	4 Miles: 1 Mile at RPE 8; Strength Train	Off/Rest
4	5 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	3 Mile Warm Up; 3 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	4 Miles: 1 Mile at RPE 8; Strength Train	Off/Rest
5	8 Miles E	Active Recovery; Walk or Play for 30 Minutes	3 Miles E; Strength Train	3.5 Mile Speed: 1 Mile Warm Up; 3 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles: 1.5 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 Mile Speed: 1 Mile Warm Up; 6 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles: 1.5 Miles at RPE 8; Strength Train	Off/Rest
7	9 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	5 Mile Speed: 1 Mile Warm Up; 3 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles; 1.5 Miles at RPE 8; Strength Train	Off/Rest
8	10 Miles	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	Active Recovery; Walk or Play for 30 Minutes	6 Miles; 2 Miles @ RPE 8; Strength Train	Off/Rest
9	9 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Mile Run; Strength Train	4 Mile Speed: 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles: 1.5 Miles at RPE 8; Strength Train	Off/Rest
10	11 Miles E	Active Recovery; Walk or Play for 30 Minutes	6 Miles E; Strength Train	10 Mile Speed: 1 Mile Warm Up; 4 x 800 Mile RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles; 2 Miles at RPE 8; Strength Train	Off/Rest
11	12 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	6 Mile Speed: 1 Mile Warm Up; 4 x 800 RPE 8.5 w/ 800 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	6 Miles: 2 Miles at RPE 8; Strength Train	Off/Rest
12	9 Miles E	Active Recovery; Walk or Play for 30 Minutes	5 Miles E; Strength Train	4 Miles Speed: 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	5 Miles: 1.5 Miles at RPE 8; Strength Train	Off/Rest
13	8 Miles E	Active Recovery; Walk or Play for 30 Minutes	4 Miles E; Strength Train	3.25 Mile Speed: 1 Mile Warm Up; 5 x 200 RPE 8 w/ 200 Recovery; 1 Mile Cool Down	Active Recovery; Walk or Play for 30 Minutes	3 Miles E	Off/Rest