

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
16	spin	5 miles w/ 4 x 400 + glutes/legs	arms/abs	5 miles easy + core	rest/yoga	10 miles w/ 4 @ tempo	3 miles trail	23
15	spin	5 miles easy + glutes/legs	arms/abs	6 miles easy + core	rest/yoga	8 miles easy	5 miles trail	24
14	spin	4 mile fartlek + glutes/legs	arms/abs	7 miles easy + core	rest/yoga	12 miles w/ hills	3 miles trail	26
13	spin	6 miles w/ 4 x 800 + glutes/legs	legs/abs	6 miles easy + core	rest/yoga	12 miles progression	4 miles trail	28
12	spin	6 miles w/ 5 x 1k + glutes/legs	legs/abs	7.5 miles easy + core	rest/yoga	15 miles easy	3 miles trail	31.5
11	spin	6 miles easy + glutes/legs	legs/abs	6 miles easy + core	rest/yoga	8 miles easy	5 miles trail	25
10	spin	6 miles w/ 4 x hill repeats + glutes/legs	4 miles easy + spin	6 miles w/ 4 @ tempo + core	rest/yoga	10 miles easy	5 miles trail	31
9	spin	6 mile fartlek + glutes/legs	4 miles easy + spin	6 miles easy + core	rest/yoga	12 miles w/ 4 @ tempo	5 miles trail	33
8	spin	6 miles w/ 8 x 400 + glutes/legs	4 miles easy + spin	7 miles easy + core	rest/yoga	10 miles progression	5 miles trail	32
7	spin	6 miles w/ 6 x hills + glutes/legs	4 miles easy + spin	6 miles easy + core	rest/yoga	13 miles w/ 4 @ tempo	5 miles trail	34
6	spin	6 miles easy + glutes/legs	4 miles easy + spin	6 miles easy + core	rest/yoga	8 miles easy	5 miles trail	29
5	spin	6 miles w/ 4 x 800 + glutes/legs	4 miles easy + spin	6 miles easy + core	rest/yoga	10 miles w/ 4 @ tempo	5 miles trail	31
4	spin	6 miles w/ 5 x 1k + glutes/legs	4 miles easy + spin	7 miles w/ 4 @ tempo + core	rest/yoga	14 miles easy	5 miles trail	36
3	spin	6 mile fartlek + glutes/legs	4 miles easy + spin	6 miles easy + core	rest/yoga	12 miles w/ 4 @ tempo	5 miles trail	33
2	spin	6 miles easy	4 miles easy + spin	6 miles tempo	rest/yoga	8 miles easy	rest	24
1	4 mile fartlek	3 miles easy	4 miles w/ 2 @ tempo	rest/yoga	2 miles easy w/ 6 x 20s strides	13.1 race @ 9:09 pace	celebrate!	26

Training Paces	
Easy pace	HR Zone 2
Tempo pace	8:55 per mile
10k Pace	8:24 per mile
5k Pace	8:08 per mile
1 mile	7:53 per mile
800 meters 3:49	1 rep in 3:49 or 7:40 per mile
400 meters 1:52	1 rep in 1:52 or 7:30 per mile
200 meters 0:55	1 rep in :55 or 7:20 per mile
100 meters 0:26	1 rep in :26 or 7:00 per mile