

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Mi
Week 1	Rest	3	Strength	3	Strength	Rest	3	9
Week 2	Rest	3	Strength	3	Strength	Rest	4	10
Week 3	Rest	3	Strength	3	Strength	Rest	5	11
Week 4	Rest	4	Strength	3	Strength	Rest	6	13
Week 5	Rest	4	Strength	3	Strength	Rest	7	14
Week 6	Rest	5	Strength	4	Strength	Rest	6	15
Week 7	Rest	5	Strength	3	Strength	Rest	8	16
Week 8	Rest	4	Strength	3	Strength	Rest	10	17
Week 9	Rest	4	Strength	4	Strength	Rest	11	19
Week 10	Rest	3	Strength	3	Rest	Rest	Race day (13.1)	19.1