

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Week</b>							
<b>Nov-28</b>	Warm up 30 mins zone 2 Cool Down	Wam up 10 mins zone 2 20 mins zone 3 Cool down	Cross Training/Weights	Cross Training/Weights	Warm up 10 mins 6 (1 min zone 5, 2 mins zone 1) Cool down	REST	Warm up 1.5km 7.5km zone 2 Cool down 1km
<b>Dec-05</b>	Cross Training/Weights	Warm up 25 mins zone 2 10 mins zone 3 Cool down	Warm up 35 mins zone 2 Cool down	Cross Training/Weights	Warm up 10 mins 3 (2 mins zone 4, 2 mins zone 1) Cool down	REST	Warm up 1.5km 9.5km zone 2 Cool down 1km
<b>Dec-12</b>	Warm up 20 mins zone 2 10 mins zone 3	Warm up 30 mins zone 2 Cool down	Cross Training/Weights	Warm up 10 mins 6 (1 min zone 5, 2 mins zone 1) Cool down	Cross Training/Weights	REST	Warm up 2km 12km zone 2 Cool down 1km
<b>Dec-19</b>	Cross Training/Weights	Warm up 25 mins zone 2 12 mins zone 3	45 mins zone 1	Warm up 35 mins zone 2 Cool down	Cross Training/Weights	REST	Warm up 2km 14km zone 2 Cool down 1km
<b>Dec-26</b>	Cross Training/Weights	Warm up 10 mins 4 (5 mins zone 3, 3 mins zone 1) Cool down 10 mins	45 mins zone 1 OR Cross Training	Cross Training/Weights	Warm up 10 mins 10 (1 min zone 5, 2 mins zone 1) Cool down	REST	Warm up 2.5km 8 (.5km zone 3, 1.25km zone 2) Cool down 1km
<b>Jan-02</b>	45 mins zone 1 OR Cross Training	Warm up 10 mins 25 mins zone 3 Cool down 10 mins	Cross Training/Weights	Warm up 35 mins zone 2 Cool down	Warm up 10 mins 8 (1.5 min zone 5, 2 .5mins zone 1) Cool down	REST	Warm up 2.5km 10 (.5km zone 3, 1.25km zone 2) Cool down 1km
<b>Jan-09</b>	REST	Warm up 10 mins 4 (8 mins zone 3, 3 mins zone 1) Cool down 10 mins	Cross Training/Weights	Warm up 35 mins zone 2 Cool down	Warm up 10 mins 6 (1.5 min zone 5, 2 .5mins zone 1) Cool down	REST	Warm up 1.5km 14km zone 2 1.5km zone 3
<b>Jan-16</b>	45 mins zone 1	5 mins zone 1 & 2 4 (8 mins zone 3, 3mins zone 1) 5 mins zone 2 & 1	Cross Training/Weights	Warm up 35 mins zone 2 Cool down	5 mins zone 1 & 2 4 (5 min zone 4, 3 mins zone 1) 5 mins zone 1	REST	Warm up 1km 16km zone 2 Cool down 1km

<b>Jan-23</b>	Warm up 10 mins 25 mins zone 3 Cool down	40 mins zone 1	Cross Training/Weights	Warm up 10 mins 3 (5 mins zone 4, 3 mins zone 1) Cool down	Cross Training/Weights	REST	Warm up 1km 2km zone 2 8 (.5km zone 3, 1.25km zone 2) Cool down 1km
<b>Jan-30</b>	Warm up 35 mins zone 2 Cool down	Warm up 10 mins 30 mins zone 3 Cool down 10 mins	Cross Training/Weights	Warm up 10 mins 1.5 mins zone 5 2 mins zone 1 5 mins zone 4 2 mins zone 1 10 mins zone 3 2 mins zone 1 5 mins zone 4 2 mins zone 1 1.5 mins zone 5 Cool down	45 mins zone 1	REST	Warm up 1km 18km zone 2 2km zone 3
<b>Feb-06</b>	Cross Training/Weights	Warm up 10 mins 30 mins zone 3 Cool down 10 mins	40 mins zone 1	Cross Training/Weights	Warm up 10 mins 1.5 mins zone 5 2 mins zone 1 5 mins zone 4 2 mins zone 1 10 mins zone 3 2 mins zone 1 5 mins zone 4 2 mins zone 1 1.5 mins zone 5 Cool down	REST	Warm up 1.5km zone 2 10 (.5km zone 3, 1.25 mile zone 2) Cool down 1km
<b>Feb-13</b>	REST	Warm up 25 mins zone 2 12 mins zone 3	Warm up 20 mins zone 2 Cool down	Cross Training/Weights	Warm up 10 mins 5 (1 mins zone 5, 2 mins zone 1) Cool down	REST	Warm up 1km 1.5km zone 2 7 (.5km zone 3, 1.25 mile zone 2) Cool down 1km
<b>Feb-20</b>	REST	Warm up 30 mins zone 3 Cool down	Warm up 30 mins zone 2 Cool down	Warm up 20 mins zone 2 Cool down	REST	RACE DAY	REST