

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	Active Rest	2-3	Active Rest	2-3	Active Rest	4	Active Rest	
2	Active Rest	2-3	Active Rest	2-3	Active Rest	5-6	Active Rest	
3	Active Rest	2-3	Active Rest	2-3	Active Rest	4	Active Rest	
4	Active Rest	2-3	Active Rest	2-3	Active Rest	5-6	Active Rest	
5	Active Rest	2-3	Active Rest	2-3	Active Rest	4	Active Rest	
6	Active Rest	2-3	Active Rest	2-3	Active Rest	6-7	Active Rest	
7	Active Rest	2-3	Active Rest	2-3	Active Rest	4	Active Rest	
8	Active Rest	2-3	Active Rest	2-3	Active Rest	6-7	Active Rest	
9	Active Rest	3-4	Active Rest	3-4	Active Rest	5	Active Rest	
10	Active Rest	3-4	Active Rest	3-4	Active Rest	7-8	Active Rest	
11	Active Rest	3-4	Active Rest	3-4	Active Rest	5	Active Rest	
12	Active Rest	3-4	Active Rest	3-4	Active Rest	7-8	Active Rest	
13	Active Rest	3-4	Active Rest	3-4	Active Rest	5	Active Rest	
14	Active Rest	3-4	Active Rest	3-4	Active Rest	8-9	Active Rest	
15	Active Rest	3-4	Active Rest	3-4	Active Rest	5	Active Rest	
16	Active Rest	3-4	Active Rest	3-4	Active Rest	8-9	Active Rest	
17	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	
18	Active Rest	4-5	Active Rest	4-5	Active Rest	9-10	Active Rest	
19	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	
20	Active Rest	4-5	Active Rest	4-5	Active Rest	9-10	Active Rest	
21	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	
22	Active Rest	4-5	Active Rest	4-5	Active Rest	10-12	Active Rest	
23	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	
24	Active Rest	4-5	Active Rest	4-5	Active Rest	10-12	Active Rest	
25	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	
26	Active Rest	4-5	Active Rest	4-5	Active Rest	12-14	Active Rest	
27	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	
28	Active Rest	4-5	Active Rest	4-5	Active Rest	12-14	Active Rest	
29	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	
30	Active Rest	4-5	Active Rest	4-5	Active Rest	14-16	Active Rest	
31	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	

32	Active Rest	4-5	Active Rest	4-5	Active Rest	14-16	Active Rest	
33	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
34	Active Rest	5-6	Active Rest	5-6	Active Rest	16-18	Active Rest	
35	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
36	Active Rest	5-6	Active Rest	5-6	Active Rest	16-18	Active Rest	
37	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
38	Active Rest	5-6	Active Rest	5-6	Active Rest	18-20	Active Rest	
39	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
40	Active Rest	5-6	Active Rest	5-6	Active Rest	18-20	Active Rest	
41	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
42	Active Rest	5-6	Active Rest	5-6	Active Rest	20-22	Active Rest	
43	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
44	Active Rest	5-6	Active Rest	5-6	Active Rest	20-22	Active Rest	
45	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
46	Active Rest	5-6	Active Rest	5-6	Active Rest	18-20	Active Rest	
47	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
48	Active Rest	5-6	Active Rest	5-6	Active Rest	18-20	Active Rest	
49	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
50	Active Rest	5-6	Active Rest	5-6	Active Rest	16-18	Active Rest	
51	Active Rest	5-6	Active Rest	5-6	Active Rest	7	Active Rest	
52	Active Rest	5-6	Active Rest	5-6	Active Rest	Race Day		