

Mon	Workout:	WU: 3 km MS: X8 - 500m; @5 min CD: 1 km	Volume:	8 KM	Zone 3
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	AM/PM: 11 km (Easy)	Volume:	11 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X8 - 1000m; @3 min CD: 1 km	Volume:	11 KM	Zone 2
Sat	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	40 KM Zone 1 - 70% Zone 2 - 20% Zone 3 - 10%

Mon	Workout:	WU: 3 km MS: X5 - 800m; @4 min CD: 1 km	Volume:	8 KM	Zone 3
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	AM/PM: 12 km (Easy)	Volume:	12 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X6 - 1500m; @2 min CD: 1 km	Volume:	12 KM	Zone 2
Sat	Workout:	AM/PM: 12 km (Easy)	Volume:	12 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	44 KM Zone 1 - 71% Zone 2 - 20% Zone 3 - 9%

Mon	Workout:	WU: 3 km MS: X4 - 1000m; @3 min CD: 2 km	Volume:	9 KM	Zone 3
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	AM/PM: 13 km (Easy)	Volume:	13 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X5 - 2000m; @1:30 min CD: 1 km	Volume:	13 KM	Zone 2
Sat	Workout:	AM/PM: 13 km (Easy)	Volume:	13 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	48 KM Zone 1 - 71% Zone 2 - 21% Zone 3 - 8%

Mon	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	WU: 2 km MS: X7 - 1000m; @3 min CD: 1 km	Volume:	10 KM	Zone 2
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Sat	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	40 KM Zone 1 - 82% Zone 2 - 18% Zone 3 - 0%

Mon	Workout:	WU: 2.5 km MS: X3 - 1500m; @3 min CD: 2 km	Volume:	9 KM	Zone 3
Tue	Workout:	AM/PM: 9 km (Easy)	Volume:	9 KM	Zone 1
Wed	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 1.5 km MS: X6 - 1500m; @2 min CD: 0.5 km	Volume:	11 KM	Zone 2
Sat	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	49 KM Zone 1 - 73% Zone 2 - 18% Zone 3 - 9%

Mon	Workout:	WU: 2.2 km MS: X3 - 1600m; @2 min CD: 2 km	Volume:	9 KM	Zone 3
Tue	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Wed	Workout:	AM/PM: 11 km (Easy)	Volume:	11 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 1.5 km MS: X5 - 2000m; @1:30 min CD: 0.5 km	Volume:	12 KM	Zone 2
Sat	Workout:	AM/PM: 11 km (Easy)	Volume:	11 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	53 KM Zone 1 - 72% Zone 2 - 19% Zone 3 - 9%

Mon	Workout:	WU: 3 km MS: X2 - 2000m; @1:30 min CD: 2 km	Volume:	9 KM	Zone 3
Tue	Workout:	AM/PM: 11 km (Easy)	Volume:	11 KM	Zone 1
Wed	Workout:	AM/PM: 12 km (Easy)	Volume:	12 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 1.5 km MS: X3 - 3000m; @1 min CD: 0.5 km	Volume:	11 KM	Zone 2
Sat	Workout:	AM/PM: 13 km (Easy)	Volume:	13 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	56 KM Zone 1 - 75% Zone 2 - 18% Zone 3 - 7%

Mon	Workout:	WU: 3 km MS: X2 - 2500m; @1:30 min CD: 2 km	Volume:	10 KM	Zone 3
Tue	Workout:	AM/PM: 11 km (Easy)	Volume:	11 KM	Zone 1
Wed	Workout:	AM/PM: 13 km (Easy)	Volume:	13 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 1.5 km MS: X2 - 5000m; @1 min CD: 0.5 km	Volume:	12 KM	Zone 2
Sat	Workout:	AM/PM: 13 km (Easy)	Volume:	13 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	59 KM Zone 1 - 75% Zone 2 - 17% Zone 3 - 8%

Mon	Workout:	AM/PM: 12 km (Easy)	Volume:	12 KM	Zone 1
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	WU: 2 km MS: X7 - 1000m; @2 min CD: 1 km	Volume:	10 KM	Zone 2
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Sat	Workout:	AM/PM: 12 km (Easy)	Volume:	12 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	44 KM Zone 1 - 84% Zone 2 - 16% Zone 3 - 0%

Mon	Workout:	WU: 2 km MS: X4 - 1000m; @1 min CD: 1 km	Volume:	7 KM	Zone 3
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	AM/PM: 7 km (Easy)	Volume:	7 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X2 - 2000m; @1 min CD: 1 km	Volume:	7 KM	Zone 3
Sat	Workout:	AM/PM: 7 km (Easy)	Volume:	7 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	28 KM Zone 1 - 71% Zone 2 - 0% Zone 3 - 29%

Mon	Workout:	WU: 2 km MS: X5 - 1000m; @0:30 min CD: 1 km	Volume:	8 KM	Zone 3
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	AM/PM: 8 km (Easy)	Volume:	8 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X2 - 2500m; @0:30 min CD: 1 km	Volume:	8 KM	Zone 3
Sat	Workout:	AM/PM: 7 km (Easy)	Volume:	7 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	31 KM Zone 1 - 68% Zone 2 - 0% Zone 3 - 32%

Mon	Workout:	AM/PM: 8 km (Easy)	Volume:	8 KM	Zone 1
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	WU: 2 km MS: X5 - 1000m; @2 min CD: 1 km	Volume:	8 KM	Zone 2
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	AM/PM: 8 km (Easy)	Volume:	8 KM	Zone 1
Sat	Workout:	<i>Rest</i>			
Sun	Workout:	<u><i>5K Race</i></u>	<u>Recap</u>	Volume: 29 KM	Zone 1 - 66% Zone 2 - 17% Zone 3 - 17%