

Mon	Workout:	WU: 3 km MS: X8 - 500m; @3 min CD: 2 km	Volume:	9 KM	Zone 3
Tue	Workout:	AM/PM: 13 km (Easy)	Volume:	13 KM	Zone 1
Wed	Workout:	AM/PM: 13 km (Easy)	Volume:	13 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X9 - 1000m; @2 min CD: 1 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:	60 KM Zone 1 - 78% Zone 2 - 15% Zone 3 - 7%

Mon	Workout:	WU: 3 km MS: X9 - 500m; @3 min CD: 2.5 km	Volume:	10 KM	Zone 3
Tue	Workout:	AM/PM: 14 km (Easy)	Volume:	14 KM	Zone 1
Wed	Workout:	AM/PM: 14 km (Easy)	Volume:	14 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X10 - 1000m; @2 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:	64 KM Zone 1 - 77% Zone 2 - 16% Zone 3 - 7%

Mon	Workout:	WU: 3 km MS: X5 - 800m; @2 min CD: 2 km	Volume:	9 KM	Zone 3
Tue	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Wed	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X6 - 2000m; @1:30 min CD: 1 km	Volume:	15 KM	Zone 2
Sat	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	69 KM Zone 1 - 77% Zone 2 - 17% Zone 3 - 6%

Mon	Workout:	AM/PM: 12 km (Easy)	Volume:	12 KM	Zone 1
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	WU: 2 km MS: X10 - 1000m; @3 min CD: 1 km	Volume:	13 KM	Zone 2
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	AM/PM: 13 km (Easy)	Volume:	13 KM	Zone 1
Sat	Workout:	AM/PM: 12 km (Easy)	Volume:	12 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	50 KM Zone 1 - 80% Zone 2 - 20% Zone 3 - 0%

Mon	Workout:	WU: 3 km MS: X5 - 1000m; @2 min CD: 2 km	Volume:	10 KM	Zone 3
Tue	Workout:	AM/PM: 13 km (Easy)	Volume:	13 KM	Zone 1
Wed	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X6 - 2000m; @1:30 min CD: 1 km	Volume:	15 KM	Zone 2
Sat	Workout:	AM/PM: 14 km (Easy)	Volume:	14 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	67 KM Zone 1 - 75% Zone 2 - 18% Zone 3 - 7%

Mon	Workout:	WU: 3 km MS: X3 - 1500m; @2 min CD: 2.5 km	Volume:	10 KM	Zone 3
Tue	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Wed	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X4 - 3000m; @1:30 min CD: 1 km	Volume:	15 KM	Zone 2
Sat	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	70 KM Zone 1 - 77% Zone 2 - 17% Zone 3 - 6%

Mon	Workout:	WU: 3 km MS: X2 - 2000m; @2 min CD: 2 km	Volume:	9 KM	Zone 3
Tue	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Wed	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Thu	Workout:	AM/PM: 6 km (Easy)	Volume:	6 KM	Zone 1
Fri	Workout:	WU: 2 km MS: X3 - 4000m; @1:00 min CD: 1 km	Volume:	15 KM	Zone 2
Sat	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	75 KM Zone 1 - 79% Zone 2 - 16% Zone 3 - 5%

Mon	Workout:	WU: 3 km MS: X2 - 2500m; @2 min CD: 2 km	Volume:	10 KM	Zone 3
Tue	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Wed	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Thu	Workout:	AM/PM: 8 km (Easy)	Volume:	8 KM	Zone 1
Fri	Workout:	WU: 2 km MS: X13 - 1000m; @0:30 min CD: 1 km	Volume:	16 KM	Zone 2
Sat	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	79 KM Zone 1 - 78% Zone 2 - 16% Zone 3 - 6%

Mon	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	WU: 2 km MS: X5 - 2000m; @3 min CD: 1 km	Volume:	13 KM	Zone 2
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Sat	Workout:	AM/PM: 15 km (Easy)	Volume:	15 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	58 KM Zone 1 - 83% Zone 2 - 17% Zone 3 - 0%

Mon	Workout:	WU: 2 km MS: X5 - 800m; @1 min CD: 1 km	Volume:	7 KM	Zone 3
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Thu	Workout:	<i>Rest</i>			
Fri	Workout:	WU: 2 km MS: X5 - 1000m; @1 min CD: 1 km	Volume:	8 KM	Zone 3
Sat	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	35 KM Zone 1 - 74% Zone 2 - 0% Zone 3 - 26%

Mon	Workout:	WU: 2 km MS: X3 - 1500m; @0:30 min CD: 1.5 km	Volume:	8 KM	Zone 3
Tue	Workout:	<i>Rest</i>			
Wed	Workout:	AM/PM: 10 km (Easy)	Volume:	10 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: 10 km (Easy)	Volume:	10 KM	Zone 1
Sun	Workout:	<i>Rest</i>	<u>Recap</u>	Volume:	36 KM Zone 1 - 74% Zone 2 - 0% Zone 3 - 26%

Mon	Workout:	AM/PM: 10 km (Easy)	Volume:	10 KM	Zone 1
Tue	Workout:	AM/PM: 9 km (Easy)	Volume:	9 KM	Zone 1
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: 7 km (Easy)	Volume:	7 KM	Zone 1
Sat	Workout:	<i>Rest</i>			
Sun	Workout:	<u><i>5K Race</i></u>	<u>Recap</u>	Volume: 41 KM	Zone 1 - 71% Zone 2 - 17% Zone 3 - 12%