

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	Active Rest	2-3	Active Rest	2-3	Active Rest	3-4	Active Rest	
2	Active Rest	2-3	Active Rest	2-3	Active Rest	4-5	Active Rest	
3	Active Rest	2-3	Active Rest	2-3	Active Rest	5-6	Active Rest	
4	Active Rest	2-3	Active Rest	2-3	Active Rest	6-7	Active Rest	
5	Active Rest	3-4	Active Rest	3-4	Active Rest	7-8	Active Rest	
6	Active Rest	3-4	Active Rest	3-4	Active Rest	8-9	Active Rest	
7	Active Rest	3-4	Active Rest	3-4	Active Rest	9-10	Active Rest	
8	Active Rest	3-4	Active Rest	3-4	Active Rest	10-11	Active Rest	
9	Active Rest	3-4	Active Rest	3-4	Active Rest	11-12	Active Rest	
10	Active Rest	4-5	Active Rest	4-5	Active Rest	9-10	Active Rest	
11	Active Rest	4-5	Active Rest	4-5	Active Rest	8-9	Active Rest	
12	Active Rest	4-5	Active Rest	4-5	Active Rest	RACE DAY	Active Rest	
Active Rest: Climbing, Cycling, Hiking, Paddling, Pilates, Skiing, Snowboarding, Strength Training, Stretching, Yoga, etc.								