Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	Active Rest	3-4	Active Rest	3-4	Active Rest	5	Active Rest	
2	Active Rest	3-4	Active Rest	3-4	Active Rest	6-8	Active Rest	
3	Active Rest	3-4	Active Rest	3-4	Active Rest	5	Active Rest	
4	Active Rest	4-5	Active Rest	4-5	Active Rest	8-10	Active Rest	
5	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	
6	Active Rest	4-5	Active Rest	4-5	Active Rest	10-12	Active Rest	
7	Active Rest	4-5	Active Rest	4-5	Active Rest	6	Active Rest	
8	Active Rest	4-5	Active Rest	4-5	Active Rest	12-14	Active Rest	
9	Active Rest	4-5	Active Rest	4-5	Active Rest	7	Active Rest	
10	Active Rest	4-5	Active Rest	4-5	Active Rest	14-16	Active Rest	
11	Active Rest	4-5	Active Rest	4-5	Active Rest	7	Active Rest	
12	Active Rest	4-5	Active Rest	4-5	Active Rest	16-18	Active Rest	
13	Active Rest	4-5	Active Rest	4-5	Active Rest	8	Active Rest	
14	Active Rest	5-6	Active Rest	5-6	Active Rest	18-20	Active Rest	
15	Active Rest	5-6	Active Rest	5-6	Active Rest	8	Active Rest	
16	Active Rest	5-6	Active Rest	5-6	Active Rest	20-22	Active Rest	
17	Active Rest	5-6	Active Rest	5-6	Active Rest	9	Active Rest	
18	Active Rest	5-6	Active Rest	5-6	Active Rest	22-24	Active Rest	
19	Active Rest	5-6	Active Rest	5-6	Active Rest	9	Active Rest	
20	Active Rest	5-6	Active Rest	5-6	Active Rest	24-26	Active Rest	
21	Active Rest	5-6	Active Rest	5-6	Active Rest	10	Active Rest	
22	Active Rest	5-6	Active Rest	5-6	Active Rest	20-22	Active Rest	
23	Active Rest	5-6	Active Rest	5-6	Active Rest	10	Active Rest	
24	Active Rest	5-6	Active Rest	5-6	Active Rest	18-20	Active Rest	
25	Active Rest	5-6	Active Rest	5-6	Active Rest	8	Active Rest	
26	Active Rest	5-6	Active Rest	5-6	Active Rest	**RACE DAY**		
Active Rest = Climbing, Cycling, Hiking, Paddling, Pilates, Skiing, Snowboarding, Strength Training, Stretching, Yoga, etc.								