

# BASE 60 MILES

A 10 weeks plan designed for base training. It will ensure you are ready for the race preparation schedules that follow

Start Date: **September 4**

Set the starting date in cell C2. Rows 3 will automatically update with the correct dates and days of the week.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>General Aerobic 8 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 4 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 9 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>General Aerobic 6 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>Endurance 11 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP</p>
2	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>General Aerobic 8 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 4 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 10 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>General Aerobic 7 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>Endurance 12 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP2</p>
3	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>General Aerobic 8 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 4 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 10 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>General Aerobic 7 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>Endurance 12 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP</p>
4	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>General Aerobic 8 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 4 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 10 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Recovery 4 miles at &lt;80% of CP</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over. These sorts of runs reduce the pouding.</p>	<p>General Aerobic 7 miles, with 8 * 100m strides in middle</p> <p>A nice steady block of sustained base running at 75-80% of CP. Adding some strides to keep the speed feel with your leg.</p>	<p>Endurance 13 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP</p>

5	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>General Aerobic 9 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 5 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 11 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Recovery 4 miles at &lt;80% of CP</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over. These sorts of runs reduce the pouding.</p>	<p>LT 7 miles, with 20 minutes tempo run at 95% - 105% CP</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance 13 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP</p>
6	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>General Aerobic 9 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 5 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 11 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Recovery 4 miles at &lt;80% of CP</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over. These sorts of runs reduce the pouding.</p>	<p>General Aerobic 8 miles, with 9 * 100m strides in middle</p> <p>A nice steady block of sustained base running at at 75-80% of CP. Adding some strides to keep the speed feel with your leg.</p>	<p>Endurance 13 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP</p>
7	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>General Aerobic 10 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 5 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 12 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Recovery 4 miles at &lt;80% of CP</p> <p>Really easy runs are important for keeping your frequency up and the body's rhythm flowing. Do not push the pace here. Just relax and keep the legs turning over. These sorts of runs reduce the pouding.</p>	<p>LT 8 miles, with 22 minutes tempo run at 95% - 105% CP</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance 14 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP</p>

8	<p>Rest or Cross-Training</p> <p>The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.</p>	<p>General Aerobic 10 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 6 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 12 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Recovery 5 miles at &lt;80% of CP</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>General Aerobic 9 miles, with 10 * 100m strides in middle</p> <p>A nice steady block of sustained base running at 75-80% of CP. Adding some strides to keep the speed feel with your leg.</p>	<p>Endurance 14 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP</p>
9	<p>Rest or Cross-Training</p> <p>If you don't have time to recharge, it can lead to staleness and general apathy about training.</p>	<p>General Aerobic 10 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 6 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 12 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Recovery 5 miles at &lt;80% of CP</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>LT 9 miles, with 24 minutes tempo run at 95% - 105% CP</p> <p>Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.</p>	<p>Endurance 14 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP</p>
10	<p>Rest or Cross-Training</p> <p>Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.</p>	<p>General Aerobic 11 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>General Aerobic 7 miles</p> <p>A nice steady block of sustained base running at 75-80% of CP</p>	<p>General Aerobic 12 miles</p> <p>Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP</p>	<p>Recovery 6 miles at &lt;80% of CP</p> <p>There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.</p>	<p>General Aerobic 10 miles, with 10 * 100m strides in middle</p> <p>A nice steady block of sustained base running at 75-80% of CP. Adding some strides to keep the speed feel with your leg.</p>	<p>Endurance 14 miles</p> <p>A nice and long steady block of sustained base running at 75-80% of CP</p>


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