

BASE 180 - 240 minutes

A 8 weeks plan designed for base training. It will prepare you to be mentally and physically ready to handle the higher volume training.

Start Date: **September 4**

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p>Easy</p> <p>25 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>30 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 50 minutes. Life is good!</p>	<p>Rest</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>Easy</p> <p>25 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>3 miles @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 50 minutes. Life is good!</p>
2	<p>Easy</p> <p>25 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>30 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 50 minutes. Life is good!</p>	<p>Rest</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>Easy</p> <p>25 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>4 miles @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 50 minutes. Life is good!</p>
3	<p>Easy</p> <p>30 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>40 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 50 minutes. Life is good!</p>	<p>Rest</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>Easy</p> <p>30 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>5 miles @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 50 minutes. Life is good!</p>

4	<p>Easy</p> <p>40 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>40 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 50 minutes. Life is good!</p>	<p>Rest</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>Easy</p> <p>35 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>6 miles @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 60 minutes. Life is good!</p>
5	<p>Easy</p> <p>40 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>45 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 50 minutes. Life is good!</p>	<p>Rest</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>Easy</p> <p>35 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>7 miles @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 60 minutes. Life is good!</p>
6	<p>Easy</p> <p>45 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>50 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 50 minutes. Life is good!</p>	<p>Rest</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>Easy</p> <p>40 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>7 miles @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside for 2 hours or simply fast walk for 70 minutes. Life is good!</p>
7	<p>Easy</p> <p>45 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>50 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside or simply fast walk for 60 minutes. Life is good!</p>	<p>Rest</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>Easy</p> <p>45 minutes @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Easy</p> <p>8 miles @ 60% - 80% CP</p> <p>Relatively low intensity run with goal of spending a large proportion of the run in your zone 1 power. Remember, to run fast, you have to learn to run slow first.</p>	<p>Cross-Training</p> <p>Jump on your bike to have a nice easy ride outside for 2 hours or simply fast walk for 70 minutes. Life is good!</p>

