

BASE 30 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	Rest or Cross-Training 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.	General Aerobic 4 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training 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.	General Aerobic 3 miles A nice steady block of sustained base running at 75-85% of CP.	General Aerobic 3 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP.	Rest or Cross-Training 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.	Endurance 6 miles A nice and long steady block of sustained base running at 75-80% of CP.
2	Rest or Cross-Training 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.	General Aerobic 4 miles A nice steady block of sustained base running at 75-80% of CP	Rest or Cross-Training 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.	General Aerobic 4 miles Relatively low intensity run with goal of spending a large proportion of the run in 75-85% of CP	General Aerobic 3 miles A nice steady block of sustained base running at 75-80% of CP	Rest or Cross-Training 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.	Endurance 7 miles A nice and long steady block of sustained base running at 75-80% of CP
3	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic 4 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic 4 miles A nice steady block of sustained base running at 75-80% of CP	General Aerobic 3 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	Endurance 7 miles A nice and long steady block of sustained base running at 75-80% of CP
4	Rest or Cross-Training 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.	General Aerobic 4 miles A nice steady block of sustained base running at 75-80% of CP	Rest or Cross-Training 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.	General Aerobic 5 miles, with 6 * 100m strides in middle A nice steady block of sustained base running at 75-80% of CP. Adding some strides to keep the speed feel with your leg.	General Aerobic 4 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training 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.	Endurance 7 miles A nice and long steady block of sustained base running at 75-80% of CP

5	Rest or Cross-Training 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.	General Aerobic 5 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training 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.	6 miles, with 16 minutes tempo run at 95% - 105% CP Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	General Aerobic 4 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training 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.	Endurance 8 miles A nice and long steady block of sustained base running at 75-80% of CP
6	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic 5 miles A nice steady block of sustained base running at 75-80% of CP	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic 5 miles, with 6 * 100m strides in middle A nice steady block of sustained base running at 75-80% of CP. Adding some strides to keep the speed feel with your leg.	General Aerobic 4 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	Endurance 8 miles A nice and long steady block of sustained base running at 75-80% of CP
7	Rest or Cross-Training 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.	General Aerobic 6 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training 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.	LT 6 miles, with 18 minutes tempo run at 95% - 105% CP Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	General Aerobic 5 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training 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.	Endurance 8 miles A nice and long steady block of sustained base running at 75-80% of CP
8	Rest or Cross-Training 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.	General Aerobic 6 miles A nice steady block of sustained base running at 75-80% of CP	Rest or Cross-Training 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.	General Aerobic 5 miles, with 6 * 100m strides in middle A nice steady block of sustained base running at 75-80% of CP. Adding some strides to keep the speed feel with your leg.	General Aerobic 6 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training 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.	Endurance 9 miles A easy longer run at 75-80% of CP
9	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic 6 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-80% of CP	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	LT 7 miles, with 20 minutes tempo run at 95% - 105% CP Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	General Aerobic 6 miles Relatively low intensity run with goal of spending a large proportion of the run at 75-85% of CP	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	Endurance 9 miles A easy longer run at 75-80% of CP

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 7 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 5 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>General Aerobic 6 miles</p> <p>A nice steady block of sustained base running at 75-80% 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>Endurance 9 miles</p> <p>A easy longer run at 75-80% of CP</p>

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