

30 MILE TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	3_{MI}	5_{MI}	3_{MI}	REST	8_{MI}	REST
2	REST	3_{MI}	5_{MI}	3_{MI}	REST	9_{MI}	REST
3	REST	3_{MI}	5_{MI}	3_{MI}	REST	6_{MI}	REST
4	REST	3_{MI}	6_{MI}	3_{MI}	REST	11_{MI}	REST
5	REST	3_{MI}	6_{MI}	3_{MI}	REST	12_{MI}	REST
6	REST	3_{MI}	5_{MI}	3_{MI}	REST	9_{MI}	REST
7	REST	3_{MI}	7_{MI}	4_{MI}	REST	14_{MI}	REST
8	REST	3_{MI}	7_{MI}	4_{MI}	REST	15_{MI}	REST
9	REST	4_{MI}	5_{MI}	4_{MI}	REST	REST	13.1_{MI}
10	REST	4_{MI}	8_{MI}	4_{MI}	REST	17_{MI}	REST
11	REST	5_{MI}	8_{MI}	5_{MI}	REST	18_{MI}	REST
12	REST	5_{MI}	5_{MI}	5_{MI}	REST	13_{MI}	REST
13	REST	5_{MI}	8_{MI}	5_{MI}	REST	20_{MI}	REST
14	REST	5_{MI}	5_{MI}	5_{MI}	REST	12_{MI}	REST
15	REST	5_{MI}	5_{MI}	REST	REST	20_{MI}	8_{MI}
16	REST	5_{MI}	6_{MI}	5_{MI}	REST	12_{MI}	REST
17	REST	4_{MI}	5_{MI}	4_{MI}	REST	8_{MI}	REST
18	3_{MI}	4_{MI}	2_{MI}	REST	REST	RACE DAY!	REST