

Week	SUN (Long Run)	MON (Str/Core)	TUE (Cross)	WED (Spd/Hw)	THU (Str/Core)	FRI (Tempo)	SAT (Zzzz)
1: Dec 10 - 16	4	Cable/Core	15mi	HW x 4 Drills	MCH, Core 10mi fast	6	Off
2: Dec 17 - 23	5	FWT/Core	15mi	HW x 6 Drills	BWT, Core 10 mi fast	6	Off
3: Dec 24-30	6	Cable/Core	20mi	HW x 6 Drills	MCH, Core 10mi fast	7	Off
4: Dec 31 - Jan 6	7	FWT/Core	20mi	HW x 8 Drills	BWT, Core 15 mi fast	7	Off
5: Jan 7 - 13	5	Cable/Core	20mi hilly	HW x 8 Drills	MCH, Core 15mi fast	8	Off
6: Jan 14 - 20	9	Cable/Core	20mi hilly	SPD #1	BWT, Core 20 mi fast	8	Off
7: Jan 21 - 27	10	FWT/Core	20mi hilly	SPD #2	MCH, Core 20mi fast	8	Off
8: Jan 28 - Feb 3	7	Cable/Core	Tempo Run 10	SPD #3	BWT, Core 20 mi fast	8	Off
9: Feb 4 - 10	12	FWT/Core	25mi	SPD #4	MCH, Core 20mi fast	8	Off
10: Feb 11 - 17	RIDE 50 MI	Cable/Core	Tempo Run 8	SPD #5	BWT, Core 20 mi fast	8	Off
11: Feb 18 - 24	10	Cable/Core	25mi	SPD #6	MCH, Core 20mi fast	8	Off
12: Feb 25 - Mar 2	15	FWT/Core	20mi hilly	SPD #7	BWT, Core 20 mi fast	10	Off
13: Mar 3 - 9	16	Cable/Core	25mi	SPD #8	MCH, Core 20mi fast	8	Off
14: Mar 10 - 16	12	FWT/Core	Tempo Run 8	SPD #9	BWT, Core 20 mi fast	8	Off

15: Mar 17 - 23	18	Cable/Core	20mi hilly	SPD #10	MCH, Core 20mi fast	8	Off
16: Mar 24 - 30	14	Cable/Core	30mi	SPD #11	BWT, Core 20 mi fast	8	Off
17: Mar 31 - Apr 6	20	FWT/Core	Tempo Run 8	SPD #12	MCH, Core 20mi fast	8	Off
18: Apr 7 - 13	12	Cable/Core	20mi hilly	SPD #13	BWT, Core 20 mi fast	8	Off
19: Apr 14 - 20	8	FWT/Core	20mi	SPD #14	Core	Ride 15mi	Off
20: Apr 21 - 27	REST	Cable/Core	Off	SPD #15	Off	Drills	RACEDAY!