

Block	Summer Base	8 weeks	June 24 - August 18 2024								
Week	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly mileage	Percent Easy	Percent Long Run
1	Build Week	Aerobic	Time Trial	Aerobic	Rest	Aerobic + ST	Recovery + ST	Long run	50	90%	30%
	Workout	5k Z2	5k time trial	10k Z3		10k Z2 strength training	5k Z1 strength training	15k Z2 strength training			
	Daily mileage	5	5	10		10	5	15			
2	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Aerobic + Cross	Recovery	Long run + ST + Recovery	54.5	87%	35%
	Workout	swim	KM repeats 1k WU/CD 5 x 1k reps 5kP strength training 1	4k Z1	Medium-long run 1k WU/CD 6k Z2, 3k Z3 strength training 2	10.5k Z2 swim	3k Z1	3k Z1 16k Z2 strength training 3			
	Daily mileage	0	7	4	11	10.5	3	19			
3	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	58	88%	29%
	Workout		KM repeats 1k WU/CD 5 x 1k reps 5kP strength training 1	7k Z1	Medium-long run 1k WU/CD 4k Z2, 4k Z3 strength training 2	7k Z1	10k Z2	1k WU/CD 10k Z2, 5k Z3 strength training 3			
	Daily mileage	0	7	7	10	7	10	17			
4	Recovery Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	47	89%	30%
	Workout		KM repeats 1k WU/CD 3 x 1k reps 5kP strength training 1	6k Z1	Medium-long run 1k WU/CD 3k Z2, 3k Z3 strength training 2	6k Z1	8k Z2	1k WU/CD 8k Z2, 4k Z3 strength training 3			
	Daily mileage	0	5	6	8	6	8	14			
5	Build Week	Rest/Cross	Time Trial + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	65	89%	28%
	Workout		5k time trial 1k WU/CD strength training 1	8k recovery	Medium-long run 1k WU/CD 6k Z2, 4k Z3 strength training 2	8k recovery	12k Z2	1k WU/CD 10k Z2, 6k Z3 strength training 3			
	Daily mileage	0	7	8	12	8	12	18			
6	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	68	90%	28%
	Workout		KM repeats 1k WU/CD 5 x 1k reps 5kP strength training 1	8k recovery	Medium-long run 1k WU/CD 7k Z2, 4k Z3 strength training 2	8k recovery	13k Z2	1k WU/CD 11k Z2, 6k Z3 strength training 3			
	Daily mileage	0	7	8	13	8	13	19			
7	Build Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	71	90%	28%
	Workout		KM repeats 1k WU/CD 5 x 1k reps 5kP strength training 1	8k recovery	Medium-long run 1k WU/CD 7k Z2, 5k Z3 strength training 2	8k recovery	14k Z2	1k WU/CD 12k Z2, 6k Z3 strength training 3			
	Daily mileage	0	7	8	14	8	14	20			
8	Recovery Week	Rest/Cross	Speedwork + ST	Recovery	Tempo + ST	Recovery	Aerobic	Long Run	58	91%	29%
	Workout		KM repeats 1k WU/CD 3 x 1k reps 5kP strength training 1	8k recovery	Medium-long run 1k WU/CD 4k Z2, 4k Z3 strength training 2	8k recovery	10k Z2	1k WU/CD 10k Z2, 5k Z3 strength training 3			
	Daily mileage	0	5	8	10	8	10	17			