

For athletes racing Friday at Stillwater (aka did not race at East Ridge)

| Minutes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|-------------|------------|-------------|--------|-------------|-----------|
| 230 | 43 VO2 | 29 recovery | 36 fartlek | 20 recovery | Race | 30 moderate | Rest / XT |
| 240 | 45 VO2 | 30 recovery | 38 fartlek | 21 recovery | | 32 moderate | Rest / XT |
| 250 | 47 VO2 | 31 recovery | 40 fartlek | 22 recovery | | 34 moderate | Rest / XT |
| 260 | 49 VO2 | 32 recovery | 42 fartlek | 23 recovery | | 36 moderate | Rest / XT |
| 270 | 51 VO2 | 33 recovery | 44 fartlek | 24 recovery | | 38 moderate | Rest / XT |
| 280 | 53 VO2 | 34 recovery | 46 fartlek | 25 recovery | | 40 moderate | Rest / XT |
| 290 | 55 VO2 | 35 recovery | 48 fartlek | 26 recovery | | 42 moderate | Rest / XT |
| 300 | 57 VO2 | 36 recovery | 50 fartlek | 27 recovery | | 44 moderate | Rest / XT |
| 310 | 59 VO2 | 37 recovery | 52 fartlek | 28 recovery | | 46 moderate | Rest / XT |
| 320 | 61 VO2 | 38 recovery | 54 fartlek | 29 recovery | | 48 moderate | Rest / XT |
| 330 | 63 VO2 | 39 recovery | 56 fartlek | 30 recovery | | 50 moderate | Rest / XT |
| 340 | 65 VO2 | 40 recovery | 58 fartlek | 31 recovery | | 52 moderate | Rest / XT |
| 350 | 67 VO2 | 41 recovery | 60 fartlek | 32 recovery | | 54 moderate | Rest / XT |
| 360 | 68 VO2 | 42 recovery | 62 fartlek | 33 recovery | | 55 moderate | Rest / XT |
| 370 | 70 VO2 | 43 recovery | 64 fartlek | 34 recovery | | 57 moderate | Rest / XT |
| 380 | 72 VO2 | 44 recovery | 66 fartlek | 35 recovery | | 59 moderate | Rest / XT |
| 390 | 74 VO2 | 45 recovery | 68 fartlek | 36 recovery | | 61 moderate | Rest / XT |
| 400 | 76 VO2 | 46 recovery | 70 fartlek | 37 recovery | | 63 moderate | Rest / XT |

Monday

AM double (based on mileage). Practice @ Long Lake at 3:45 pm for 4-6 x 800m at VO2.

Tuesday

Lake Vadnais parking lot (County Rd F E, Vadnais Heights, MN 55127) @ 3:45 pm. Recovery, core

Wednesday

AM: double. PM: 3:45 pm @ West Rec for a fartlek. Nothing too hard here, just a nice aerobic day.

Thursday

3:45 pm @ West Rec. Recovery

Friday

Race vs Stillwater and Roseville Lake Elmo @ 2pm. No bus. Arrive by 1pm.

Saturday

Moderate. Possible destination run along the Mississippi.