

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
260	41 moderate	49 hills	28 recovery	62 long	32 recovery	47 race	Rest / XT
270	43 moderate	51 hills	29 recovery	64 long	33 recovery	49 race	Rest / XT
280	45 moderate	53 hills	30 recovery	66 long	34 recovery	51 race	Rest / XT
290	47 moderate	55 hills	31 recovery	68 long	35 recovery	53 race	Rest / XT
300	49 moderate	57 hills	32 recovery	70 long	36 recovery	55 race	Rest / XT
310	51 moderate	59 hills	33 recovery	72 long	37 recovery	57 race	Rest / XT
320	53 moderate	61 hills	34 recovery	74 long	38 recovery	59 race	Rest / XT
330	55 moderate	63 hills	35 recovery	76 long	39 recovery	61 race	Rest / XT
340	57 moderate	65 hills	36 recovery	78 long	40 recovery	63 race	Rest / XT
350	59 moderate	67 hills	37 recovery	80 long	41 recovery	65 race	Rest / XT
360	60 moderate	68 hills	38 recovery	82 long	42 recovery	66 race	Rest / XT
370	62 moderate	70 hills	39 recovery	84 long	43 recovery	68 race	Rest / XT
380	64 moderate	72 hills	40 recovery	86 long	44 recovery	70 race	Rest / XT
390	66 moderate	74 hills	41 recovery	88 long	45 recovery	72 race	Rest / XT
400	68 moderate	76 hills	42 recovery	90 long	46 recovery	74 race	Rest / XT

Monday

Moderate run (no doubles), 2-4 accels, full weight routine

Tuesday

Doolittle Raid (Stillwater hills) in morning for maximum of 50-55 minutes. PM double to reach mileage on chart

Wednesday

Aqua?

Thursday

Morning practice at Lake Vadnais for long run

Friday

Recovery. Probably 1-2 sets of weights

Saturday

Grade level mile time trials at MV (vs Roseville). PM double to hit mileage for the day