

ASSENMACHER 66 MILES



2019 Training Plan for 66 MILES

WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
1	MAY 6-12	3 Miles Easy	7 Miles Easy	Cross Training	4 Miles Hard	Rest	10 Miles Long	Rest
2	MAY 13-19	4 Miles Easy	8 Miles Easy	Cross Training	5 Miles Hard	Rest	15 Miles Long	Rest
3	MAY 20-26	5 Miles Easy	10 Miles Easy	Cross Training	6 Miles Hard	Rest	18 Miles Long	Rest
4	MAY 27-JUN 2	6 Miles Easy	12 Miles Easy	Cross Training	8 Miles Hard	Rest	20 Miles Long	Rest
5	JUN 3-9	7 Miles Easy	13 Miles Easy	Cross Training	9 Miles Hard	Rest	25 Miles Long	Rest
6	JUN 10-16	8 Miles Easy	13 Miles Easy	Cross Training	9 Miles Hard	Rest	15 Miles Long	Rest
7	JUN 17-23	8 Miles Easy	14 Miles Easy	Cross Training	10 Miles Hard	Rest	30 Miles Long	Rest
8	JUN 24-30	10 Miles Easy	14 Miles Easy	Cross Training	10 Miles Hard	Rest	30 Miles Long	Rest
9	JUL 1-7	10 Miles Easy	15 Miles Easy	Cross Training	11 Miles Hard	Rest	35 Miles Long	Rest
10	JUL 8-14	10 Miles Easy	16 Miles Easy	Cross Training	11 Miles Hard	Rest	40 Miles Long	Rest
11	JUL 15-21	10 Miles Easy	17 Miles Easy	Cross Training	11 Miles Hard	Rest	42 Miles Long	Rest
12	JUL 22-28	10 Miles Easy	13 Miles Easy	Cross Training	10 Miles Hard	Rest	45 Miles Long	Rest
13	JUL 29-AUG 4	10 Miles Easy	14 Miles Easy	Cross Training	10 Miles Hard	Rest	55 Miles Long	Rest
14	AUG 5-11	10 Miles Easy	13 Miles Easy	Cross Training	9 Miles Hard	Rest	40 Miles Long	Rest
15	AUG 12-18	6 Miles Easy	7 Miles Easy	Cross Training	3 Miles Easy	Rest	Rest	RACE DAY

Base Training