

# ASSENMACHER 40 MILES



## 2019 Training Plan for 40 MILES

WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
1	MAY 6-12	10 minutes	Cross Training	Cross Training	10 minutes	Rest	10-15 minutes	Rest
2	MAY 13-19	10 minutes	Cross Training	Cross Training	15 minutes	Rest	20 minutes	Rest
3	MAY 20-26	15-20 minutes	Cross Training	Cross Training	20 minutes	Rest	25-30 minutes	Rest
4	MAY 27-JUN 2	20 minutes	Cross Training	Cross Training	20 minutes	Rest	35 minutes	Rest
5	JUN 3-9	20 minutes	Cross Training	Cross Training	25 minutes	Rest	35-40 minutes	Rest
6	JUN 10-16	20-30 minutes	Cross Training	Cross Training	30-40 minutes	Rest	45-50 minutes	Rest
7	JUN 17-23	30 minutes	Cross Training	Cross Training	30-45 minutes	Rest	50-60 minutes	Rest
8	JUN 24-30	45 minutes	Cross Training	Cross Training	45 minutes	Rest	60-75 minutes	Rest
9	JUL 1-7	45 minutes	Cross Training	Cross Training	60 minutes	Rest	75-90 minutes	Rest
10	JUL 8-14	60 minutes	Cross Training	Cross Training	60 minutes	Rest	120 minutes	Rest
11	JUL 15-21	45-60 minutes	Cross Training	Cross Training	60 minutes	Rest	120-150 minutes	Rest
12	JUL 22-28	60-75 minutes	Cross Training	Cross Training	75-105 minutes	Rest	150-165 minutes	Rest
13	JUL 29-AUG 4	60 minutes	Cross Training	Cross Training	120 minutes	Rest	180-210 minutes	Rest
14	AUG 5-11	60 minutes	Cross Training	Cross Training	60 minutes	Rest	210 minutes	Rest
15	AUG 12-18	30 minutes	Cross Training	Cross Training	45 minutes	Rest	Rest	RACE DAY

Base Training