

ASSENMACHER 40 MILES



2020 Training Plan for 40 MILES

	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
Base Training	1	MAY 4 - 10	10 minutes	Cross Training	Cross Training	10 minutes	Rest	10-15 minutes	Rest
	2	MAY 11- 17	10 minutes	Cross Training	Cross Training	15 minutes	Rest	20 minutes	Rest
	3	MAY 18- 24	15-20 minutes	Cross Training	Cross Training	20 minutes	Rest	25-30 minutes	Rest
	4	MAY 25- 31	20 minutes	Cross Training	Cross Training	20 minutes	Rest	35 minutes	Rest
	5	JUN 1-7	20 minutes	Cross Training	Cross Training	25 minutes	Rest	35-40 minutes	Rest
	6	JUN 8-14	20-30 minutes	Cross Training	Cross Training	30-40 minutes	Rest	45-50 minutes	Rest
	7	JUN 15-21	30 minutes	Cross Training	Cross Training	30-45 minutes	Rest	50-60 minutes	Rest
	8	JUN 22-28	45 minutes	Cross Training	Cross Training	45 minutes	Rest	60-75 minutes	Rest
	9	JUN 29-JUL 5	45 minutes	Cross Training	Cross Training	60 minutes	Rest	75-90 minutes	Rest
	10	JUL 6-12	60 minutes	Cross Training	Cross Training	60 minutes	Rest	120 minutes	Rest
	11	JUL 13-19	45-60 minutes	Cross Training	Cross Training	60 minutes	Rest	120-150 minutes	Rest
	12	JUL 20-26	60-75 minutes	Cross Training	Cross Training	75-105 minutes	Rest	150-165 minutes	Rest
	13	JUL 27-AUG 2	60 minutes	Cross Training	Cross Training	120 minutes	Rest	180-210 minutes	Rest
	14	AUG 3-9	60 minutes	Cross Training	Cross Training	60 minutes	Rest	210 minutes	Rest
	15	AUG 10-16	30 minutes	Cross Training	Cross Training	45 minutes	Rest	Rest	RACE DAY