

ASSENMACHER 66 MILES



2018 Training Plan for 66 MILES

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