

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	Lift Legs	3 mile jog	Lift Upper	25 min hill sprints	20 min easy elliptical, walk	5 miles	OFF
7	Lift Legs	3 mile jog	Lift Upper	25 min hill sprints	Leisure walk	6 miles	OFF
6	Lift Legs	30 min flat sprints	Lift Upper	30 mil hill sprints	20 min east elliptical, walk	7 miles	OFF
5	OFF	30 min hill sprints	Lift Upper	45 min Flat Sprints	Leisure walk	9 miles	OFF
4	Lift Legs	30 min hill sprints	Lift Upper	45 min Flat Sprints	20 min easy elliptical, walk	11 miles	OFF
3	Lift Legs	30 min hill sprints	Lift Upper	30 min Flat Sprints	OFF	13 miles	OFF
2	Lift Legs	45 min hill sprints	Lift Upper	45 min Flat Sprints	20 min SS elliptical, walk	5 miles	OFF
1	OFF	45 min hill sprints	Light Upper	3 miles easy	OFF	RACE DAY	