

W	D	Date	Training	Notes	W	D	Date	Training	Notes	W	D	Date	Training	Notes	W	D	Date	Training	Notes	W	D	Date	Training	Notes
1	S	2/1/2014	Long		5	S	3/1/2014	6 Hr RACE		9	S	3/29/2014	Long		13	S	4/26/2014	Long		17	S	5/24/2014	Long (Night)	
	S	2/2/2014	Rest Day			S	3/2/2014	Rest Day			S	3/30/2014	Rest Day			S	4/27/2014	Rest Day			S	5/25/2014	Rest Day	
	M	2/3/2014	Cross train 30			M	3/3/2014	Cross train 30			M	3/31/2014	Cross train 30			M	4/28/2014	Cross train 30			M	5/26/2014	Cross train 30	Holiday
	T	2/4/2014	Jog 60			T	3/4/2014	Jog 60			T	4/1/2014	Jog 60			T	4/29/2014	Jog 60			T	5/27/2014	Jog 60	
	W	2/5/2014	See below			W	3/5/2014	See below			W	4/2/2014	See below			W	4/30/2014	See below			W	5/28/2014	See below	
	R	2/6/2014	Cross train 30			R	3/6/2014	Cross train 30			R	4/3/2014	Cross train 30			R	5/1/2014	Cross train 30			R	5/29/2014	Cross train 30	
	F	2/7/2014	Jog 60			F	3/7/2014	Jog 60			F	4/4/2014	Jog 60			F	5/2/2014	Jog 60			F	5/30/2014	Travel	
2	S	2/8/2014	Long		6	S	3/8/2014	Long		10	S	4/5/2014	Long		14	S	5/3/2014	Long			S	5/31/2014	30 Hr RACE	
	S	2/9/2014	Rest Day			S	3/9/2014	Rest Day			S	4/6/2014	Rest Day			S	5/4/2014	Rest Day			S	5/4/2014	Rest Day	
	M	2/10/2014	Cross train 30			M	3/10/2014	Cross train 30			M	4/7/2014	Cross train 30			M	5/5/2014	Cross train 30			M	5/5/2014	Cross train 30	
	T	2/11/2014	Jog 60			T	3/11/2014	Jog 60			T	4/8/2014	Jog 60			T	5/6/2014	Jog 60			T	5/6/2014	Jog 60	
	W	2/12/2014	No Training			W	3/12/2014	See below			W	4/9/2014	See below			W	5/7/2014	See below			W	5/7/2014	See below	
	R	2/13/2014	No Training			R	3/13/2014	Cross train 30			R	4/10/2014	Cross train 30			R	5/8/2014	Cross train 30			R	5/8/2014	Cross train 30	
	F	2/14/2014	No Training			F	3/14/2014	Jog 60			F	4/11/2014	Jog 60			F	5/9/2014	Jog 60			F	5/9/2014	Jog 60	
3	S	2/15/2014	No Training		7	S	3/15/2014	Long		11	S	4/12/2014	Long		15	S	5/10/2014	Long			S	5/10/2014	Long	
	S	2/16/2014	No Training			S	3/16/2014	Rest Day			S	4/13/2014	Rest Day			S	5/11/2014	Rest Day			S	5/11/2014	Rest Day	
	M	2/17/2014	Long	Holiday		M	3/17/2014	Cross train 30			M	4/14/2014	Cross train 30			M	5/12/2014	Cross train 30			M	5/12/2014	Cross train 30	
	T	2/18/2014	Rest Day			T	3/18/2014	Jog 60			T	4/15/2014	Jog 60			T	5/13/2014	Jog 60			T	5/13/2014	Jog 60	
	W	2/19/2014	See below			W	3/19/2014	See below			W	4/16/2014	See below			W	5/14/2014	See below			W	5/14/2014	See below	
	R	2/20/2014	Cross train 30			R	3/20/2014	Cross train 30			R	4/17/2014	Cross train 30			R	5/15/2014	Cross train 30			R	5/15/2014	Cross train 30	
	F	2/21/2014	Jog 60			F	3/21/2014	Jog 60			F	4/18/2014	Travel			F	5/16/2014	Jog 60			F	5/16/2014	Jog 60	
4	S	2/22/2014	Long		8	S	3/22/2014	No Training		12	S	4/19/2014	10 Hr RACE		16	S	5/17/2014	Long (Night)	Taper		S	5/17/2014	Long (Night)	Taper
	S	2/23/2014	Rest Day			S	3/23/2014	No Training			S	4/20/2014	Rest Day			S	5/18/2014	Rest Day			S	5/18/2014	Rest Day	
	M	2/24/2014	Cross train 30			M	3/24/2014	No Training			M	4/21/2014	Cross train 30			M	5/19/2014	Cross train 30			M	5/19/2014	Cross train 30	
	T	2/25/2014	Jog 60			T	3/25/2014	No Training			T	4/22/2014	Jog 60			T	5/20/2014	Jog 60			T	5/20/2014	Jog 60	
	W	2/26/2014	See below			W	3/26/2014	No Training			W	4/23/2014	See below			W	5/21/2014	See below			W	5/21/2014	See below	
	R	2/27/2014	Cross train 30			R	3/27/2014	No Training			R	4/24/2014	Cross train 30			R	5/22/2014	Cross train 30			R	5/22/2014	Cross train 30	
	F	2/28/2014	Travel			F	3/28/2014	No Training			F	4/25/2014	Jog 60			F	5/23/2014	Jog 60			F	5/23/2014	Jog 60	

Wednesday Schedule		Long Day Schedule		
W	1/4 Mile Repeats	Bike (miles)	Run (miles)	Canoe (Hr)
1	Six x 400m at 1:50 pace (8.15mph / 7:21mile)	17	3.5	1
2	Eight x 400m at 1:50 pace	22	4.5	1
3	Ten x 400m at 1:50 pace	27	5.5	1
4	Twelve x 400m at 1:50 pace	32	6.5	1
5	Six x 400m at 1:50 pace			6Hr Race
6	Fourteen x 400m at 1:50 pace	37	7.5	1
7	Sixteen x 400m at 1:50 pace	42	8.5	1
8	Sixteen x 400m at 1:50 pace	25	5	1
9	4 miles at 8:15 pace	47	8	1
10	6 miles at 8:15 pace	25	5	1
11	3 miles at 8:15 pace	52	10.5	1
12	7 miles at 8:15 pace			10Hr Race
13	8 miles at 8:15 pace	35	7	1
14	8 miles at 8:15 pace	57	13.5	1
15	Jog 30	25	5	1
16	5 miles at 8:35 pace	20	4	1
17	4 miles at 8:35 pace			Rest

