

## Gold - Advanced Plan

Week	Date	Phase	Weekly Mileage	Workout 1	Workout 2	Long Run	Notes/Meet	Details#	
			40+ in season						
1	1-Jun	1	12	None	None	None		4 runs	
2	8-Jun		15				4 runs		
3	15-Jun		18				5 runs		
4	22-Jun		21				5 runs + 1 Bike		
5	29-Jun		24				4 x 3 min @ Tempo	5	5 runs + 1 Bike
6	6-Jul		26				2 x 1 mile @ Tempo	6	5 runs + 1 Bike
7	13-Jul		26				1 x 2 mile @ Tempo	6	5-6 runs + 1 Bike
8	20-Jul		29				1 x 4k @ Tempo	7	6 runs + 1 Bike
9	27-Jul	2	30	4-8 x 1' Elver hill	1 x 3 mi @ Tempo	8		5 runs + 1 Bike	
10	3-Aug		33	6 x 400 at 5k pace	Pope Farm hills	10		5 runs + 1 Bike + 1 Swim	
11	10-Aug		33	1 x 3 mi @ Tempo	Pope Farm hills	9		5-6 runs + 1 Bike	
12	17-Aug		33	Hills	None	6	Time Trial	6 runs + 1 Bike	
13	24-Aug		36	800s/1000s	None	8	Appleton	6 runs + 1 Bike	

# Still take one day per week completely off. It is okay to run in the morning and bike in the afternoon on the same day; bike duration counts as mileage at 12 minutes of biking equalling 1 mile of running

E	** Every Easy run should be a minimum of 30 minutes - small walk breaks okay in Phase I if needed
L	* Long run in Phase I should be 30% of weekly mileage or 60 minutes, in subsequent phases II-IV, long run can be up to 90 minutes
T	Tempo Run - "comfortably hard"
ST	Strides 4-8 strides at the conclusion of the run
Circuit	Circuit training should be completed 3 times per week in the summer months