

## Silver - Veteran Plan

Week	Date	Phase	Weekly Mileage	Workout 1	Workout 2	Long Run	Notes/Meet	Details#	
			35+ in season						
1	1-Jun	1	12	None	None	None		4 runs	
2	8-Jun		15					4 runs	
3	15-Jun		16					4 runs + 1 Bike	
4	22-Jun		18					4 runs + 1 Bike	
5	29-Jun		20	4 x 3 min @ Tempo		5		5 runs + 1 Bike	most runs 3 miles, one 5 mile run + 1 - 36 minute bike
6	6-Jul		22	2 x 1 mile @ Tempo		5		5 runs + 1 Bike	most runs 3 miles, tempo run 4 miles, one 5 mile run + 1 - 48 minute bike
7	13-Jul		23	1 x 2 mile @ Tempo		6		5 runs + 1 Bike	most runs 3 miles, tempo run 4 miles, one 6 mile run + 1 - 48 minute bike
8	20-Jul		25	1 x 4k @ Tempo		7		4 runs + 1 Bike	most runs 4 miles, tempo run 5 miles, one 7 mile run + 1 - 60 minute bike
9	27-Jul	2	26	4-8 x 1' Elver hill	1 x 3 mi @ Tempo	8		5 runs + 1 Bike	
10	3-Aug		28	6 x 400 at 5k pace	Pope Farm hills	10		5 runs + 1 Bike + 1 Swim	
11	10-Aug		28	1 x 3 mi @ Tempo	Pope Farm hills	9		5 runs + 1 Bike	
12	17-Aug		28	Hills	None	6	Time Trial	5 runs + 1 Bike	
13	24-Aug		30	800s/1000s	None	8	Appleton	5 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