

January 2018 DV Distance (3200)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 On your own A: 4 miles B: 3 miles C: no running</p>	<p>1 New Years Day A: 6 miles B: 4 miles C: 4 miles N: 14 minutes + 4xstrides Core RR</p>	<p>2 All 15:00 WU A/B: 5x1200m C: 4x1200m @85%VO2, (:30 rest) All: 4x150m@1600pace (walk recovery) A/B: 2 CD C: 1 mile CD N: 16:00 run, 25:00 bike, 4 x strides, drills Core LT</p>	<p>3 HIIT (2:00/:20/:10) A: 6 miles B: 5 miles C: 4 miles N: 11:00run, 25:00 bike 4 x Strides/Plyos/Core RR</p>	<p>4 All 15:00 WU A/B: 6x800m C: 5x800m @94%VO2 Equal recovery A/B: 2 mile CD C: 1 mile CD N:13:00 run, 25:00 bike, strides+ drills, Core VO2 - track</p>	<p>5 On your own A: 7 miles B: 4 miles C: 4 miles N: 10:00 run + drills RR</p>	<p>6 HIIT (2:00/:20/:10) Long Run A: 10 miles B: 8 miles C: 7 miles N: 35:00 run, 40 bike, drills 4 x Strides/Core</p>
<p>7 On your own A: 6 miles B: 5 miles C: 3 miles RR</p>						<p>11 Long Run A: 12 miles run B: 10 miles run C: 8 miles run N: 30:00 run 4 x Strides/Plyos/Core</p>
<p>12 On your own A: 4 miles B: 3 miles C: 2 miles RR</p>						<p>12 Long Run A: 12 miles run B: 10 miles run C: 8 miles run N: 30:00 run 4 x Strides/Plyos/Core</p>
<p>13 On your own A: 4 miles B: 3 miles C: 2 miles RR</p>				<p>25 HIIT (2:00/:20/:10)</p>		<p>13 Long run A: 12 miles run B: 10 miles run C: 8 miles run N: 30:00 run 4 x Strides/Plyos/Core</p>