



B2V 2017 – TRAINING PLAN



Phase	Weeks To Go	Date (Week of)	Monday	Tuesday (H.I.I.T.)	Wednesday	Thursday	Friday	Saturday (Long Run)	Sunday	EST. TOTAL
Base	20	11-7-16	3m (6 strides)	S (s) (4m Total)	Rest or CT	4m (6 strides)	3m or CT	6m	Rest	17-20m
Base	19	11-14-16	3m (6 strides)	S (l) (4m Total)	Rest or CT	4m (T) (6 strides)	3m or CT	6m	Rest	17-20m
Base	18	11-21-16	4m (6 strides)	HR (l) (4m Total)	Rest or CT	5m(T) (6 strides)	3m or CT	7m	Rest	20-23m
Base	17	11-28-16	4m (6 strides)	S (s) (4m Total)	Rest or CT	5m (6 strides)	3m or CT	3 MILE 'TT' (7m Total)	Rest	20-23m
Base	16	12-5-16 (Down Week)	3m (6 strides)	HR (s) (4m Total)	Rest or CT	4m (6 strides)	3m or CT	7m	Rest	18-21m
Base	15	12-12-16	4m (6 strides)	S (l) (4m Total)	Rest or CT	5m(T) (6 strides)	3m or CT	8m	Rest	21-24m
Base	14	12-19-16	4m (6 strides)	HR (l) (4m Total)	Rest or CT	6m(T) (6 strides)	3m or CT	8m	Rest	22-25m
Base	13	12-26-16	4m (6 strides)	S (s) (4m Total)	Rest or CT	5m (6 strides)	3m or CT	3 MILE 'TT' (7m Total)	Rest	20-23m
Strength	12	1-2-17 (Down Week)	3m (6 strides)	HR (s) (4m Total)	Rest or CT	4m (6 strides)	3m or CT	7m	Rest	18-21m
Strength	11	1-9-17	4m (8 strides)	S (l) (5m Total)	Rest or CT	7m(T) (8 strides)	4m or CT	8m	Rest	24-28m
Strength	10	1-16-17	5m (8 strides)	HR (l) (5m Total)	Rest or CT	7m(T) (8 strides)	4m or CT	9m	Rest	26-30m
Strength	9	1-23-17	5m (8 strides)	S (s) (4m Total)	Rest or CT	5m (8 strides)	3m or CT	6 MILE 'TT' (9m Total)	Rest	23-26m
Peak	8	1-30-17 (Down Week)	4m (6 strides)	HR (s) (4m Total)	Rest or CT	5m (6 strides)	3m or CT	7m	Rest	20-23m
Peak	7	2-6-17	5m (8 strides)	S (l) (5m Total)	Rest or CT	7m(T) (8 strides)	4m or CT	8m	Rest	25-29m
Peak	6	2-13-17	5m (8 strides)	HR (l) (5m Total)	Rest or CT	7m(T) (8 strides)	4m or CT	9m	Rest	26-30m
Peak	5	2-20-17	5m (8 strides)	S (s) (4m Total)	Rest or CT	5m (8 strides)	3m or CT	6 MILE 'TT' (9m Total)	Rest	23-26m
Tune-Up	4	2-27-17 (Down Week)	4m (6 strides)	S (s) (4m Total)	Rest or CT	5m (6 strides)	3m or CT	7m	Rest	20-23m
Tune-Up	3	3-6-17	4m (8 strides)	HR (s) (4m Total)	Rest or CT	4m(T) (8 strides)	3m	6m	Rest	21m
Taper	2	3-13-17	4m (6 strides)	Rest	S (s) (3m Total)	4m (6 strides)	Rest	5m(T)	Rest	16m
Taper	1	3-20-17	3m (6 strides)	Rest	3m (4 strides)	2m (4 strides)	Rest	B2V RACE DAY	B2V RACE DAY	8m +

Key: "CT" = Cross-Train (Bike, swim, CrossFit, hike, yoga, etc.)
"H.I.I.T." = High Intensity Interval Training (Every Tuesday!)
"S" = Speed Workout (Alternate workouts of Short ("s") and Long ("l") intervals)
"HR" = Hill Repeats (Alternate workouts of Short/Steep ("s") hills and Long ("l") gradual hills)
"TT" = Time Trial (Run the requested length of 3 mile (or 5k race) OR 6 miles (or 10k race)
"(T)" = Tempo Run (Continuous run with middle segment "comfortably hard" or ~10-15 sec's slower than goal race pace)

Note: "Strides" = Approximately 100 meters (or ~20 seconds); Focus on good form and quick cadence.