

# Winter Training Mileage 2014-2015

Base Training Period/Off Season

	Week	A	B	C	D	E	F	G	H
Dec 22-28	1	28	28	28	28	25	20	18	15
Dec 29-Jan 4	2	35	35	33	33	28	23	20	17
Jan 5-11	3	42	42	38	36	32	27	22	19
Jan 12-18	4	49	45	43	39	35	30	25	21
Jan 19-25	5	55	50	45	39	35	30	25	21
Jan 26-Feb 1	6	61	55	48	44	38	33	28	24
Feb 2-8	7	65	60	55	49	41	36	31	27
Feb 9-15	8	65	65	60	55	45	42	35	30
Feb 16-22	9	65	60	55	47	41	35	31	26
Feb 23-Mar 1	10	75	70	65	60	50	40	35	30
Mar 2-8	11	80	70	65	60	55	42	35	35
Mar 9-15	12	80	70	65	60	50	42	35	35
		700	650	600	550	475	400	340	300

