

Winter Training Mileage 2015-2016

Base Training Period/Off Season

	Week	A	B	C	D	E	F	G	H
Dec 21-27	1	28	28	28	28	25	20	18	15
Dec 28-Jan 3	2	35	35	33	33	28	23	20	17
Jan 4-10	3	42	42	38	36	32	27	22	19
Jan 11-17	4	49	45	43	39	35	30	25	21
Jan 18-24	5	55	50	45	39	35	30	25	21
Jan 25-Jan 31	6	61	55	48	44	38	33	28	24
Feb 1-7	7	65	60	55	49	41	36	31	27
Feb 8-14	8	65	65	60	55	45	42	35	30
Feb 15-21	9	65	60	55	47	41	35	31	26
Feb 22-Feb 28	10	75	70	65	60	50	40	35	30
Feb 29-6	11	80	70	65	60	55	42	35	35
Mar 7-13	12	80	70	65	60	50	42	35	35
		700	650	600	550	475	400	340	300

