

Winter Training Mileage 2017-2018

Base Training Period/Off Season

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

