

## Training Schedule

	short hilly run		tempo run		extra run	long run	
Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05/06/2019 - 05/12/2019	6	rest	4	3	rest	rest	<b>7</b>
05/13/2019 - 05/19/2019	LB + cardio	4	core + cardio	5	UB + cardio	<b>6.2</b>	hike
05/20/2019 - 05/26/2019	4	LB + cardio	5	UB + cardio	3	hike	<b>8</b>
05/27/2019 - 06/02/2019	LB + cardio	4	core + cardio	5	UB + cardio	<b>10</b>	hike
06/03/2019 - 06/09/2019	4	LB + cardio	5	UB + cardio	3	hike	<b>11</b>
06/10/2019 - 06/16/2019	LB + cardio	4	core + cardio	5	UB + cardio	<b>12</b>	hike
06/17/2019 - 06/23/2019	4	LB + cardio	5	UB + cardio	3	hike	<b>13</b>
06/24/2019 - 06/30/2019	LB + cardio	4	core + cardio	5	UB + cardio	<b>14</b>	hike
07/01/2019 - 07/07/2019	4	LB + cardio	5	UB + cardio	3	hike	<b>15</b>
07/08/2019 - 07/14/2019	LB + cardio	4	core + cardio	5	UB + cardio	<b>16</b>	hike
07/15/2019 - 07/21/2019	4	LB + cardio	6	UB + cardio	3	hike	<b>17</b>
07/22/2019 - 07/28/2019	LB + cardio	4	core + cardio	6	UB + cardio	<b>18</b>	hike
07/29/2019 - 08/04/2019	4	LB + cardio	6	UB + cardio	3	hike	<b>15</b>
08/05/2019 - 08/11/2019	LB + cardio	4	core + cardio	6	rest	rest	<b>13.1</b>
08/12/2019 - 08/18/2019	rest	rest	7	UB + cardio	3	hike	<b>18</b>
08/19/2019 - 08/25/2019	LB + cardio	4	core + cardio	7	UB + cardio	<b>19</b>	hike
08/26/2019 - 09/01/2019	4	LB + cardio	7	UB + cardio	3	hike	<b>20</b>
09/02/2019 - 09/08/2019	LB + cardio	4	core + cardio	5	UB + cardio	<b>12</b>	hike
09/09/2019 - 09/15/2019	4	LB + cardio	5	UB + cardio	2	hike	<b>8</b>
09/16/2019 - 09/22/2019	LB + cardio	4	rest	rest	UB + cardio	<b>26.2</b>	rest
09/23/2020 - 09/29/2019	rest	3	5	UB + cardio	3	hike	<b>10</b>
09/30/2020 - 10/06/2019	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
10/07/2020 - 10/13/2019	5	LB + cardio	5	UB + cardio	3	hike	<b>10</b>
10/14/2020 - 10/20/2019	LB + cardio	5	core + cardio	5	UB + cardio	rest	<b>13.1</b>
10/21/2020 - 10/27/2019	5	LB + cardio	5	UB + cardio	3	hike	<b>10</b>
10/28/2020 - 11/03/2019	LB + cardio	5	core + cardio	5	UB + cardio	<b>7</b>	hike
11/04/2020 - 11/10/2019	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
11/11/2020 - 11/17/2019	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
11/18/2020 - 11/24/2019	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
11/25/2020 - 12/01/2019	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
12/02/2020 - 12/08/2019	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>

12/09/2020 - 12/15/2019	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
12/16/2020 - 12/22/2019	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
12/23/2020 - 12/29/2019	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
12/30/2019 - 01/05/2020	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
01/06/2020 - 01/12/2020	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
01/13/2020 - 01/19/2020	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
01/20/2020 - 01/26/2020	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
01/27/2020 - 02/02/2020	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
02/03/2020 - 02/09/2020	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
02/10/2020 - 02/16/2020	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
02/17/2020 - 02/23/2020	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
02/24/2020 - 03/01/2020	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
03/02/2020 - 03/08/2020	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
03/09/2020 - 03/15/2020	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
03/16/2020 - 03/22/2020	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
03/23/2020 - 03/29/2020	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
03/30/2020 - 04/05/2020	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
04/06/2020 - 04/12/2020	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
04/13/2020 - 04/19/2020	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike
04/20/2020 - 04/26/2020	5	LB + cardio	5	UB + cardio	5	hike	<b>10</b>
04/27/2020 - 05/03/2020	LB + cardio	5	core + cardio	5	UB + cardio	<b>10</b>	hike