

Mountains 2 Beach 2020

Highlighted pink = travel

Week #	Mo	Tu	We	Th	Fr	Sa	Su
January 6 - 12 Total Run: 19 m	REST	Mithacal Milers <i>Apx 6 miles - speed</i>	LMOD RPM LMOD Flow Strength	Easy 3 miles Row 15 min	Body Pump Easy 3 miles	Easy 3 miles LMOD Trip	Hot Yoga Easy 4 miles
January 13 - 19 Total Run: 20 m	LMOD Body Pump	Mithacal Milers <i>Apx 6 miles - speed</i>	LMOD Trip LMOD Flow Flex	Easy 3 miles Row 15 min	Body Pump Easy 3 miles	Easy 4 miles LMOD RPM	Easy 4 miles
January 20 - 26 Total Run: 22 m Official training start	Yoga LMOD CX	Mithacal Milers <i>Apx 6 miles - speed</i>	REST	Easy 4 miles Row 15 min	Body Pump Easy 3 miles	Easy 4 miles LMOD Trip	Hot Yoga Easy 5 miles
January 27 - Feb 2 Total Run: 23 m	LMOD Body Pump	Mithacal Milers <i>Apx 6 miles - speed</i>	LMOD Trip LMOD Flow Flex	Easy 5 miles Row 15 min	Body Pump Easy 3 miles	Easy 5 miles LMOD RPM	Hot Yoga Easy 4 miles
February 3 - 9 Total Run: 25 m	Yoga LMOD RPM	Mithacal Milers <i>Apx 6 miles - speed</i>	REST	Hot Yoga Easy 5 miles	Body Pump Easy 4 miles	Easy 6 miles LMOD Trip	Easy 4 miles
February 10 - 16 Total Run: 29 m	LMOD Body Pump	Mithacal Milers <i>Apx 6 miles - speed</i>	LMOD Trip LMOD Flow Flex	Hot Yoga Easy 6 miles	Body Pump Easy 5 miles	Easy 12 miles LMOD RPM	CA
February 17 - 23 Total Run: 20 m	CA	CA	CA	CA	Body Pump Easy 5 miles	Long 11 miles LMOD Trip	Easy 4 miles
February 24 - Mar 1 Total Run: 33 m	Yoga	Mithacal Milers <i>Apx 6 miles - speed</i>	LMOD RPM LMOD Flow Strength	Easy 4 miles Row 15 min	Body Pump Easy 4 miles	Easy 4 miles LMOD RPM	Long 15 miles
March 2 - 8 Total Run: 25 m	LMOD Body Pump	REST	LMOD Trip LMOD Flow Flex	Easy 6 miles Row 15 min	Easy 4 miles	Ski	Long 10 miles
March 9-15 Total Run: 37 m	Yoga LMOD CX	Easy 5 miles Row 15 min	LMOD RPM LMOD Flow Strength	Easy 5 miles Row 15 min	Body Pump Easy 3 miles	Easy 8 miles LMOD Trip	Hot Yoga Easy 16 miles
March 16 - 22 Total Run: 34 m	LMOD Body Pump	Easy 5 miles Row 15 min	REST	Easy 5 miles Row 15 min LMOD Flow Flex	Body Pump Easy 6 miles	LMOD RPM	Hot Yoga Easy 20 miles

March 23 - 29 Total Run: 37 m	Yoga LMOD CX	Easy 5 miles Row 15 min	LMOD RPM LMOD Flow Strength	Easy 5 miles Row 15 min	Body Pump Easy 5 miles	Easy 6 LMOD Trip	Hot Yoga Long 16 miles
March 30 - April 5 Total Run: 25 m	LMOD Body Pump	Easy 5 miles Row 15 min	LMOD Trip LMOD Flow Flex	Easy 3 miles Row 15 min	Easy 4 miles		Skunk Cabbage
April 6 - 12 Total Run: 36 m	Yoga LMOD CX	Easy 7 miles Row 15 min	LMOD RPM LMOD Flow Strength	Easy 6 miles Row 15 min	Body Pump Easy 5 miles	Easy 8 miles LMOD Trip	Hot Yoga Easy 10 miles
April 13 - 19 Total Run: 38 m	LMOD Body Pump	Easy 5 miles Row 15 min	REST	Easy 5 miles Row 15 min	Body Pump Easy 6 miles	Easy 6 miles LMOD RPM	Hot Yoga Long 16 miles
April 20 - 26 Total Run: 36 m	Yoga LMOD CX	Easy 7 miles Row 15 min	LMOD RPM LMOD Flow Strength	Easy 6 miles Row 15 min	Body Pump Easy 5 miles	Easy 8 miles LMOD Trip	Hot Yoga Long 10 miles
April 27 - May 3 Total Run: 38 m	REST	Easy 5 miles Row 15 min	LMOD Trip LMOD Flow Flex	Easy 5 miles Row 15 min	Body Pump Easy 6 miles	Easy 6 miles LMOD RPM	Hot Yoga Long 16 miles
May 4-10 Total Run: 33 m	Yoga LMOD CX	Easy 5 miles Row 15 min	REST	Easy 5 miles Row 15 min	Body Pump Easy 5 miles	Easy 8 miles LMOD Trip	Hot Yoga Long 10 miles
May 11-17 Total Run: 32 m	LMOD Body Pump	Easy 5 Row 15 min	LMOD Trip LMOD Flow Flex	Easy 5 miles Row 15 min	Body Pump Easy 6 miles	Easy 6 miles LMOD RPM	Hot Yoga Easy 8 miles
May 18-24 Total Run: 39.2 m	Yoga LMOD CX	Easy 5 miles Row 15 min	REST	Easy 5 miles	Easy 3 miles	REST	Mountains 2 Beach