

Amy's Winter Training Plan

Other goals - add in a couple of row sessions each week along with another rpm session weekly IF possible.
Daily PT running exercises (apx 20 min) and stretching before/after running.

| Mo | Tu | We | Th | Fr | Sa | Su | Totals |
|---|---|---|---|--|--|--|-------------------------|
| Dec 25 BodyPump rpm | Dec 26 RUN (4) ✓ | 5.5 Dec 27 EASY RUN (6) intervals | Dec 28 RUN (4) RPM yoga | Dec 29 BodyPump rpm | Dec 30 RUN (8) ✓ | Dec 31 rpm | 22 miles 17.5 |
| Jan 1 ✓ BodyPump ✓ YOGA | Jan 2 ✓ MITHACAL MILES 5 miles | Jan 3 ✓ EASY RUN (6) | Jan 4 ✓ RUN (4) RPM | Jan 5 BodyPump | Jan 6 GORE RUN (8) ✓ TM | Jan 7 Clywork (30) GORE/TRAVEL HOME BP (30 min) (run 4) | ~22 miles 27 |
| Jan 8 BodyPump YOGA 2.5 run | Jan 9 MITHACAL MILES 5 miles | Jan 10 EASY RUN (6) BodyPump | Jan 11 RUN (4) RPM | Jan 12 JAY/Travel RUN (0) BP | Jan 13 JAY RUN (6) | Jan 14 JAY | ~25 miles 24 |
| Jan 15 XC Ski JAY/Travel run 6 BP | Jan 16 MITHACAL MILES | Jan 17 EASY RUN (6) | Jan 18 RUN (4) RPM | Jan 19 BodyPump | Jan 20 WF/TRAVEL | Jan 21 WF/TRAVEL | ~29.7 miles |
| Jan 22 BodyPump YOGA | Jan 23 MITHACAL MILES | Jan 24 EASY RUN (6) | Jan 25 RUN (4) RPM | Jan 26 BodyPump | Jan 27 SKI TBD Jay | Jan 28 SKI TBD Jay | ~28.7 miles |
| Jan 29 BodyPump YOGA | Jan 30 MITHACAL MILES | Jan 31 EASY RUN (4) | Feb 1 RUN (5) RPM | Feb 2 BodyPump Progression Run: 5 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest | Feb 3 E Area All State Run (5) | Feb 4 E Area All State Run (9) | ~32 miles |
| Feb 5 BodyPump YOGA | Feb 6 MITHACAL MILES | Feb 7 EASY RUN (5) | Feb 8 6 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest RPM | Feb 9 BodyPump RUN (4) | Feb 10 GORE/Travel HM Practice: 6 miles easy, 5 miles at goal pace, 2 miles easy | Feb 11 GORE/Travel Run (3) | ~31 miles |
| Feb 12 BodyPump YOGA | Feb 13 MITHACAL MILES | Feb 14 REST | Feb 15 RUN (7) RPM | Feb 16 BodyPump Run (6) | Feb 17 ASPEN/Travel LONG Run (13) steady effort | Feb 18 ASPEN | ~26 miles |
| Feb 19 ASPEN | Feb 20 ASPEN | Feb 21 ASPEN | Feb 22 ASPEN | Feb 23 ASPEN | Feb 24 TBD | Feb 25 TBD | Whatever is feasible |
| Feb 26 BodyPump YOGA | Feb 27 MITHACAL MILES | Feb 28 EASY RUN (6) | Mar 1 RUN (7) RPM | Mar 2 BodyPump | Mar 3 E NYS Honor Band/us ski? Run (6) | Mar 4 E NYS Honor Band/us ski? | ~32 miles |

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|-----------------------------------|--|-------------------------------|---|--|--|--|------------------|
| | | | | | | LONG Run (13) steady effort | |
| Mar 5 BodyPump YOGA | Mar 6 MITHACAL MILES | Mar 7 EASY RUN (5) | Mar 8 RUN (7) RPM | Mar 9 RUN (5) BodyPump | Mar 10 RRCA Coaching Cert A&S HM Practice: 6 miles easy, 6 miles at goal pace, 2 miles easy (hilly course) | Mar 11 RRCA Coaching Cert A&S RUN (5) | ~31 miles |
| Mar 12 BodyPump YOGA | Mar 13 MITHACAL MILES | Mar 14 EASY RUN (4) | Mar 15 RUN (7) RPM | Mar 16 BodyPump Progression Run: 7 miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest | Mar 17 RUN (5) | Mar 18 LONG Run (14) steady effort | ~37 miles |
| Mar 19 BodyPump YOGA | Mar 20 Intervals: 3 x 1 mile at 10k pace with 3 minutes rest, 2 x 3/4 mile at 5k Pace with 1/4 mile jog | Mar 21 EASY RUN (6) | Mar 22 Run (8) miles, 3-4 minutes rest, then 8 x 30 seconds hard with 60 seconds rest RPM | Mar 23 BodyPump RUN (6) | Mar 24 HM Practice: 6 miles easy, 6 miles at goal pace, 2 miles easy (hilly course) | Mar 25 Run (6) | ~41 miles |
| Mar 26 BodyPump YOGA | Mar 27 Intervals: 3 x 1 mile at 10k pace with 3 minutes rest, 2 x 3/4 mile at 5k Pace with 1/4 mile jog | Mar 28 EASY RUN (6) | Mar 29 RUN (7) RPM | Mar 30 BodyPump Progression Run: 5 miles, 3-4 minutes rest, then 6 x 30 seconds hard with 60 seconds rest | Mar 31 Rest | Apr 1 EASY RUN (10) | ~31 miles |
| Apr 2 BodyPump YOGA | Apr 3 Intervals: 3 x 1/2 mile at 10k pace with 2 minutes rest, 3 x 1/2 mile at 5k pace with 1/4 mile jog | Apr 4 EASY RUN (5) | Apr 5 4 miles, 3-4 minutes rest, then 4 x 30 seconds hard with 60 seconds rest RPM | Apr 6 REST | Apr 7 MS Musical EASY RUN (3) | Apr 8 MS Musical Skunk Cabbage 13.1 | ~27 miles |