

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 mile race	Jan 21 WF/TRAVEL	29.7 miles 17
Jan 22 ✓ BodyPump YOGA	Jan 23 MITHACAL MILES	Jan 24 EASY RUN (6)	Jan 25 RUN (4) RPM Travel	Jan 26 BodyPump Jay	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

						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