

Mountains 2 Beach 2020

Highlighted pink = travel

Week #	Mo	Tu	We	Th	Fr	Sa	Su
January 6 - 12 Total Run: 14 m	REST	2 miles Optional cycle	3 miles	3 miles	Body Pump	LMOD Trip	6 miles
January 13 - 19 Total Run: 15 m	REST	3 miles Optional cycle	3 miles	3 miles	Body Pump	6 miles	Ski
January 20 - 26 Total Run: 17 m Official training start	REST	3 miles Optional cycle	5 mile pace	3 miles	Body Pump	LMOD Trip	6 miles
January 27 - Feb 2 Total Run: 19 m	REST	3 miles Optional cycle	5 mile pace	3 miles	Body Pump	LMOD RPM	8 miles
February 3 - 9 Total Run: 19 m	REST	3 miles Optional cycle	5 mile pace	3 miles	Body Pump	8 miles	Ski
February 10 - 16 Total Run: 21 m	REST	3 miles Optional cycle	6 mile pace	3 miles	Body Pump	9 miles	CA
February 17 - 23 Total Run: 12 m	CA	CA	CA	CA	Body Pump	12 miles	Ski
February 24 - Mar 1 Total Run: 28 m	REST	3 miles Optional cycle	7 mile pace	4 miles	Body Pump	LMOD RPM	14 miles
March 2 - 8 Total Run: 24 m	REST	3 miles Optional cycle	7 mile pace	4 miles	Easy 4 miles	Ski	10 miles
March 9-15 Total Run: 31 m	REST	4 miles Optional cycle	7 mile pace	4 miles	Body Pump	LMOD Trip	15 miles
March 16 - 22 Total Run: 31 m	REST	4 miles Optional cycle	8 mile pace	4 miles	Body Pump	LMOD RPM	15 miles

March 23 - 29 Total Run: 33 m	REST	4 miles Optional cycle	8 mile pace	4 miles	Body Pump	LMOD Trip	17 miles
March 30 - April 5 Total Run: 29 m	REST	4 miles Optional cycle	7 mile pace	5 miles	REST	REST	Skunk Cabbage
April 6 - 12 Total Run: 31 m	REST	5 miles	8 mile pace	5 miles	Body Pump	LMOD Trip	13 miles
April 13 - 19 Total Run: 34 m	REST	5 miles	5 mile pace Optional cycle	5 miles	Body Pump	LMOD RPM	19 miles
April 20 - 26 Total Run: 30 m	REST	5 miles	8 mile pace	5 miles	Body Pump	LMOD Trip	12 miles
April 27 - May 3 Total Run: 35 m	REST	5 miles	5 mile pace Optional cycle	5 miles	Body Pump	LMOD RPM	20 miles
May 4-10 Total Run: 26 m	REST	5 miles	4 mile pace Optional cycle	5 miles	Body Pump	LMOD Trip	12 miles
May 11-17 Total Run: 25 m	REST	5 miles	8 miles	4 miles	Body Pump	LMOD RPM	8 miles
May 18-24 Total Run: 33 m	REST	3 miles Optional cycle	REST	2 miles	2 miles	REST	Mountains 2 Beach