

Amy's Winter Training Plan

Goal for Skunk - fun half - no pace goal. Continue daily Running PT stretches in morning, log 30 running miles per week mileage in 4-5 sessions, **3x spin**, **2 times lift**, **2 times yoga**, 1-2 optional hikes, with **one tempo run**.

*Add **swimming** 2x per week to get going for Tri season starting in March when we join the Y.

Mo	Tu	We	Th	Fr	Sa	Su	Totals
Jan 23 3.5 run 3.5 hike, PT BodyPump	Jan 24 RPM BodyFlow Ski	Jan 25 Spin - April 6 run, tempo	Jan 26 Run 10 *did in 2 bits	Jan 27 Shoulder PT Ski	Jan 28 6 run	Jan 29 5 run	30.5 miles
Jan 30 Home Gym Shoulder PT RPM	Jan 31 Run 6, tempo Ski	Feb 1 Spin - April Run 7	Feb 2 RPM Home Gym	Feb 3 Run 6 RPM	Feb 4 Ski Run 6, tempo	Feb 5 Ski Run 5	29 miles
Feb 6 Run 3, tempo	Feb 7 Rest	Feb 8 Spin - April Run 5, tempo	Feb 9 Run 10	Feb 10 Rest	Feb 11 Run 7	Feb 12 RPM Home Gym Shoulder PT	25 miles
Feb 13 Run 4.1	Feb 14 tempo (5.4)	Feb 15 Spin - April Run 3.9	Feb 16 Ski	Feb 17 Run 8	Feb 18 RPM Core	Feb 19 Run 8.3 yoga	29.7 miles
Feb 20 Run 4	Feb 21 Run 5, tempo Hike 3 miles	Feb 22 Hike 12.6 miles Core BodyFlow	Feb 23 Run 11.2	Feb 24 Run 5 Racquetball	Feb 25 Run 3 BodyFlow Racquetball	Feb 26 Swim 1600 yds Ski	28.7 miles
Feb 27 Run 6.1	Feb 28 Run 4 RPM	Mar 1 Spin - April Run 3	Mar 2 Run 4 miles BodyFlow Home Gym Weights	Mar 3 BodyFlow Run 5 miles Hotel Treadmill Ski	Mar 4 BodyFlow Run 5 miles Hotel Treadmill	Mar 5 BodyFlow Run 5 miles Hotel Treadmill	32 miles
Mar 6 Run 7 at West Mountain	Mar 7 Iron Strength Core	Mar 8 RPM Run 5.4	Mar 9 Run 5.4 Swim 1 mile	Mar 10 Racquetball BodyPump Run 5 miles	Mar 11 RPM BodyFlow	Mar 12 Run 6.2	29 miles
Mar 13 Run 3.5 miles Hike 3.5 miles	Mar 14 Run 4 Hotel Treadmill	Mar 15 Ski Tremblant	Mar 16 Ski Tremblant	Mar 17 Rest	Mar 18 Run 6.2 BodyStep BodyPump	Mar 19 Run 6 Body Attack BodyPump	19 miles
Mar 20 Run 8	Mar 21 Run 8	Mar 22 Spin - April Home Gym Lift	Mar 23 Swim 1 mile Run 5 miles	Mar 24 BodyPump	Mar 25 Run 9 BodyFlow	Mar 26 Run 6.1 BodyPump BodyFlow	36 miles
Mar 27 RPM Grit/Core BodyFlow	Mar 28 Run 6	Mar 29 Spin - April Swim 1800 yds	Mar 30 Run 5	Mar 31 BodyPump Swim 1 mile Run 5 miles	Apr 1 Rest	Apr 2 Run 11	27 miles
Apr 3 Hike 6 miles BodyPump	Apr 4 Run 6.1, Intervals	Apr 5 Run 3.5	Apr 6 Run 4 BodyFlow	Apr 7 BodyPump	Apr 8 Rest	Apr 9 Skunk Cabbage 13.1	26.1 miles