

VEGAN ON *The* RUN

8 Week Base Training Plan



	SUN	MON	TUES	WED	THURS	FRI	SAT	
WEEK 1	3 miles	Yoga	2 Tempo	Bike	3	4	--	TOTAL 12
2	4	Swim	3	Y/B/S	4	3 T	--	14
3	2	Y/B/S	3	Y/B/S	4	5	2 T	16
4	Y/B/S	4	3	5	Y/B/S	3 T	3	18
5	3	Y/B/S	5	3 T	Y/B/S	4	3	18
6	--	8	Y/B/S	4	4 T	Y/B/S	4	20
7	6	Y/B/S	4	4	4 T	Y/B/S	4	22
8	6	Y/B/S	6	--	8	Y/B/S	5 T	25

This 8 Week Base Training Plan is strictly a loose guide to help you build up mileage and/or maintain. Y/B/S days can be interchanged with any other desired cross training. They can be traded in for rest days as needed. Tempo runs at a comfortably hard pace allow you to build strength and prepare for additional speed training.