

VEGAN ON *The* RUN

13.1 Training Plan



	SUN	MON	TUES	WED	THURS	FRI	SAT	
WEEK 1	5	Y/B/S	4	3 Tempo	Y/B/S	4	--	TOTAL 16
2	6	Y/B/S	4	4T	Y/B/S	4	--	18
3	7	Y/B/S	3T	5	Y/B/S	5	--	20
4	8	Y/B/S	4T	6	Y/B/S	4	--	22
5	9	Y/B/S	4T	6	Y/B/S	5	--	24
6	10	Y/B/S	4T	5	Y/B/S	7	--	26
7	11	Y/B/S	4	6	--	5	2T	28
8	12	Y/B/S	4	Y/B/S	7	3T	--	26
9	10	Y/B/S	4	7	Y/B/S	3T	--	24
10	8	Y/B/S	3	Y/B/S	3	Race Eve	Race	14 + Race

Tempo (T): Run at a comfortably hard pace

Y/B/S: Yoga/Bike/Swim/Other preferred cross training activity