

# VEGAN ON *The* RUN

## 13.1 Training Plan



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

**Tempo (T):** Run at a comfortably hard pace

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