

# Summer Training Plan

<b>Summer Training Plan</b>							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	30:00 run strength	30:00 bike	Interval 6 x 400	Strength	50:00 long run	Cross- training
2	Strength	45:00 run	Cross- training	30:00 run strength	30:00 tempo	Rest	Time Trial 1500
3	Rest	30:00 run strength	35:00 bike	Interval 7 x 400	Strength	60:00 long run	Cross- training
4	Strength	45:00 run	Cross- training	30:00 run strength	35:00 tempo	Rest	Time Trial 3000
5	Rest	30:00 run strength	40:00 bike	Interval 8 x 400	Strength	70:00 long run	Cross- training
6	Strength	45:00 run	Cross- training	30:00 run strength	40:00 tempo	Rest	Time Trial 5000
7	Rest	30:00 run strength	45:00 bike	Interval 9 x 400	Strength	80:00 long Run	Cross- training
8	Strength	45:00 run	Cross- training	30:00 run strength	45:00 tempo	Rest	Time Trial 8000
9	Rest	30:00 run strength	50:00 bike	Interval 10 x 400	Strength	90:00 long Run	Cross- training
10	Strength	45:00 run	Cross- training	30:00 run strength	50:00 tempo	Rest	Time Trial 10000