

Training Plan for Running 30km on my 30th Birthday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
2-Jun-08	30km Training Starts Today	Easy Run 4	XT/weights	Easy Run 4	Rest	Long Run 7	Easy Run 4	19
9-Jun-08	Rest	Tempo Run 5 3mi @ 8:27	XT/weights	Easy Run 4	Rest	Long Run 8	Easy Run 4	21
16-Jun-08	Rest	Speedwork 5 2x1600 @ 7:59	XT/weights	Easy Run 5	Rest	Long Run 9	Easy Run 4	23
23-Jun-08	Rest	Tempo Run 5 3mi @ 8:27	XT/weights	Easy Run 6	Rest	Long Run 10	Easy Run 4	25
30-Jun-08	Rest	Easy Run 5	Pilates/weights	Easy Run 5	Potlatch	Potlatch	Potlatch	10
7-Jul-08	Pilates	Tempo Run 6 4mi @ 8:27	Pilates/weights	Easy Run 5	Rest	Long Run 12	Easy Run 4	27
14-Jul-08	Pilates	Speedwork 7 3x1600m @ 7:54	Pilates/weights	Easy Run 5	Rest	Long Run 14	Easy Run 4	30
21-Jul-08	Pilates	Tempo Run 6 4mi @ 8:27	Pilates/weights	Long Run 12	Rest	Easy Run 5	Easy Run 4	27
28-Jul-08	Pilates	Easy Run 4	Pilates	30th Bday 18.6 Long Run: 30km				22.6