## Training Periodization: Birkie 2017

Week     Dates     Focus     Approximate Hours       Week 1     5/2 - 5/8     Get back into training!     6       Week 2     5/9 - 5/15     Aerobic Volume     8       Week 3     5/16 - 5/22     Aerobic Volume/Strength     10       Week 4     5/23 - 5/29     Aerbic Fitness + Strength     10       Week 5     5/30 - 6/5     Anaerobic Threshold     9       Week 6     6/6 - 6/12     RECOVERY     6.5       Week 7     6/13 - 6/19     Aerobic Volume/Strength     11       Week 8     6/20 - 6/26     Anaerobic Threshold     10       Week 9     6/27 - 7/3     RECOVERY     8       Week 10     7/4 - 7/10     Higher volume     9       Week 11     7/11 - 7/17     Anaerobic Threshold     8       Week 12     7/25 - 7/31     RECOVERY     7       Week 13     7/25 - 7/31     RECOVERY     7       Week 14     8/1 - 8/7     Aerobic Volume/Strength     11       Week 13     7/25 - 7/31     RECOVERY     7       Week 16			1_	I
Week 2     5/9 - 5/15     Aerobic Volume     8       Week 3     5/16 - 5/22     Aerobic Volume/Strength     10       Week 4     5/23 - 5/29     Aerbic Fitness + Strength     10       Week 5     5/30 - 6/5     Anaerobic Threshold     9       Week 6     6/6 - 6/12     RECOVERY     6.5       Week 7     6/13 - 6/19     Aerobic Volume/Strength     11       Week 8     6/20 - 6/26     Anaerobic Threshold     10       Week 9     6/27 - 7/3     RECOVERY     8       Week 10     7/4 - 7/10     Higher volume     9       Week 11     7/11 - 7/17     Anaerobic Threshold     8       Week 12     7/18 - 7/24     Anaerobic Threshold     8       Week 13     7/25 - 7/31     RECOVERY     7       Week 14     8/1 - 8/7     Aerobic Volume/Strength     11       Week 18     8/1 - 8/7     Aerobic Volume/Strength     11       Week 18     8/2 - 8/28     Intensity     9       Week 18     8/29 - 9/4     Aerobic Volume/Strength     11       <	Week	Dates	Focus	Approximate Hours
Week 3     5/16 - 5/22     Aerobic Volume/Strength     10       Week 4     5/23 - 5/29     Aerobic Fitness + Strength     10       Week 5     5/30 - 6/5     Anaerobic Threshold     9       Week 6     6/6 - 6/12     RECOVERY     6.5       Week 7     6/13 - 6/19     Aerobic Volume/Strength     11       Week 8     6/20 - 6/26     Anaerobic Threshold     10       Week 9     6/27 - 7/3     RECOVERY     8       Week 10     7/4 - 7/10     Higher volume     9       Week 11     7/11 - 7/17     Anaerobic Threshold     9       Week 12     7/18 - 7/24     Anaerobic Threshold     8       Week 13     7/25 - 7/31     RECOVERY     7       Week 14     8/1 - 8/7     Aerobic Volume/Strength     11       Meek 18     8/1 - 8/7     Aerobic Volume/Strength     11       Week 18     8/2 - 8/28     Intensity     9       Week 18     8/2 - 9/3     Aerobic Volume/Strength     11       Week 20     9/12 - 9/18     RECOVERY     7       W	Week 1	5/2 - 5/8	Get back into training!	6
Week 4     5/23 - 5/29     Aerbic Fitness + Strength     10       Week 5     5/30 - 6/5     Anaerobic Threshold     9       Week 6     6/6 - 6/12     RECOVERY     6.5       Week 7     6/13 - 6/19     Aerobic Volume/Strength     11       Week 8     6/20 - 6/26     Anaerobic Threshold     10       Week 10     7/4 - 7/10     Higher volume     9       Week 11     7/11 - 7/17     Anaerobic Threshold     9       Week 12     7/18 - 7/24     Anaerobic Threshold     9       Week 13     7/25 - 7/31     RECOVERY     7       Week 14     8/1 - 8/7     Anaerobic Threshold     8       Week 14     8/1 - 8/7     Aerobic Volume/Strength     11       Week 15     8/8 - 8/14     Speed/Intensity     9       Week 16     8/15 - 8/21     RECOVERY     7       Week 17     8/22 - 8/28     Intensity     9       Week 18     8/29 - 9/4     Aerobic Volume/Strength     11       Week 29     9/12 - 9/18     RECOVERY     7       Week 21	Week 2	5/9 - 5/15	Aerobic Volume	8
Week 5     5/30 - 6/5     Anaerobic Threshold     9       Week 6     6/6 - 6/12     RECOVERY     6.5       Week 7     6/13 - 6/19     Aerobic Volume/Strength     11       Week 8     6/20 - 6/26     Anaerobic Threshold     10       Week 9     6/27 - 7/3     RECOVERY     8       Week 10     7/4 - 7/10     Higher volume     9       Week 11     7/11 - 7/17     Anaerobic Threshold     9       Week 12     7/18 - 7/24     Anaerobic Threshold     8       Week 13     7/25 - 7/31     RECOVERY     7       Week 14     8/1 - 8/7     Aerobic Volume/Strength     11       Week 15     8/8 - 8/14     Speed/Intensity     9       Week 16     8/15 - 8/21     RECOVERY     7       Week 17     8/22 - 8/28     Intensity     9       Week 18     8/29 - 9/4     Aerobic Volume/Strength     11       Week 20     9/12 - 9/18     RECOVERY     7       Week 21     9/19 - 9/25     Intensity     8       Week 22     9/26 - 10/2 <td>Week 3</td> <td>5/16 - 5/22</td> <td>Aerobic Volume/Strength</td> <td>10</td>	Week 3	5/16 - 5/22	Aerobic Volume/Strength	10
Week 6     6/6 - 6/12     RECOVERY     6.5       Week 7     6/13 - 6/19     Aerobic Volume/Strength     11       Week 8     6/20 - 6/26     Anaerobic Threshold     10       Week 9     6/27 - 7/3     RECOVERY     8       Week 10     7/4 - 7/10     Higher volume     9       Week 11     7/11 - 7/17     Anaerobic Threshold     8       Week 12     7/18 - 7/24     Anaerobic Threshold     8       Week 13     7/25 - 7/31     RECOVERY     7       Week 14     8/1 - 8/7     Aerobic Volume/Strength     11       Week 15     8/8 - 8/14     Speed/Intensity     9       Week 16     8/15 - 8/21     RECOVERY     7       Week 18     8/22 - 8/28     Intensity     9       Week 18     8/22 - 8/28     Intensity     9       Week 18     8/22 - 9/14     Aerobic Volume/Strength     11       Week 29     9/12 - 9/18     RECOVERY     7       Week 20     9/12 - 9/18     RECOVERY     7       Week 21     10/3 - 10/9	Week 4	5/23 - 5/29	Aerbic Fitness + Strength	10
Week 7     6/13 - 6/19     Aerobic Volume/Strength     11       Week 8     6/20 - 6/26     Anaerobic Threshold     10       Week 9     6/27 - 7/3     RECOVERY     8       Week 10     7/4 - 7/10     Higher volume     9       Week 11     7/11 - 7/17     Anaerobic Threshold     9       Week 12     7/18 - 7/24     Anaerobic Threshold     8       Week 13     7/25 - 7/31     RECOVERY     7       Week 14     8/1 - 8/7     Aerobic Volume/Strength     11       Week 15     8/8 - 8/14     Speed/Intensity     9       Week 16     8/15 - 8/21     RECOVERY     7       Week 17     8/22 - 8/28     Intensity     9       Week 18     8/29 - 9/4     Aerobic Volume/Strength     11       Week 20     9/12 - 9/18     RECOVERY     7       Week 21     9/19 - 9/25     Intensity     8       Week 22     9/26 - 10/2     Intensity/Speed     10       Week 23     10/3 - 10/9     Aerobic Volume     11       Week 24     10/10 -	Week 5	5/30 - 6/5	Anaerobic Threshold	9
Week 8     6/20 - 6/26     Anaerobic Threshold     10       Week 9     6/27 - 7/3     RECOVERY     8       Week 10     7/4 - 7/10     Higher volume     9       Week 11     7/11 - 7/17     Anaerobic Threshold     9       Week 12     7/18 - 7/24     Anaerobic Threshold     8       Week 13     7/25 - 7/31     RECOVERY     7       Week 14     8/1 - 8/7     Aerobic Volume/Strength     11       Week 15     8/8 - 8/14     Speed/Intensity     9       Week 16     8/15 - 8/21     RECOVERY     7       Week 17     8/22 - 8/28     Intensity     9       Week 18     8/29 - 9/4     Aerobic Volume/Strength     11       Week 29     9/5 - 9/11     Aerobic Volume     12       Week 20     9/12 - 9/18     RECOVERY     7       Week 21     9/19 - 9/25     Intensity     8       Week 22     9/26 - 10/2     Intensity/Speed     10       Week 23     10/3 - 10/9     Aerobic Volume     11       Week 24     10/10 - 10/16 <td>Week 6</td> <td>6/6 - 6/12</td> <td>RECOVERY</td> <td>6.5</td>	Week 6	6/6 - 6/12	RECOVERY	6.5
Week 9   6/27 - 7/3   RECOVERY   8     Week 10   7/4 - 7/10   Higher volume   9     Week 11   7/11 - 7/17   Anaerobic Threshold   9     Week 12   7/18 - 7/24   Anaerobic Threshold   8     Week 13   7/25 - 7/31   RECOVERY   7     Week 14   8/1 - 8/7   Aerobic Volume/Strength   11     Week 15   8/8 - 8/14   Speed/Intensity   9     Week 16   8/15 - 8/21   RECOVERY   7     Week 17   8/22 - 8/28   Intensity   9     Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   9     Week 26   10/24 - 10/30	Week 7	6/13 - 6/19	Aerobic Volume/Strength	11
Week 10   7/4 - 7/10   Higher volume   9     Week 11   7/11 - 7/17   Anaerobic Threshold   9     Week 12   7/18 - 7/24   Anaerobic Threshold   8     Week 13   7/25 - 7/31   RECOVERY   7     Week 14   8/1 - 8/7   Aerobic Volume/Strength   11     Week 15   8/8 - 8/14   Speed/Intensity   9     Week 16   8/15 - 8/21   RECOVERY   7     Week 17   8/22 - 8/28   Intensity   9     Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/3	Week 8	6/20 - 6/26	Anaerobic Threshold	10
Week 11   7/11 - 7/17   Anaerobic Threshold   9     Week 12   7/18 - 7/24   Anaerobic Threshold   8     Week 13   7/25 - 7/31   RECOVERY   7     Week 14   8/1 - 8/7   Aerobic Volume/Strength   11     Week 15   8/8 - 8/14   Speed/Intensity   9     Week 16   8/15 - 8/21   RECOVERY   7     Week 17   8/22 - 8/28   Intensity   9     Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 29	Week 9		RECOVERY	
Week 11   7/11 - 7/17   Anaerobic Threshold   9     Week 12   7/18 - 7/24   Anaerobic Threshold   8     Week 13   7/25 - 7/31   RECOVERY   7     Week 14   8/1 - 8/7   Aerobic Volume/Strength   11     Week 15   8/8 - 8/14   Speed/Intensity   9     Week 16   8/15 - 8/21   RECOVERY   7     Week 17   8/22 - 8/28   Intensity   9     Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 29	Week 10	7/4 - 7/10	Higher volume	9
Week 12   7/18 - 7/24   Anaerobic Threshold   8     Week 13   7/25 - 7/31   RECOVERY   7     Week 14   8/1 - 8/7   Aerobic Volume/Strength   11     Week 15   8/8 - 8/14   Speed/Intensity   9     Week 16   8/15 - 8/21   RECOVERY   7     Week 17   8/22 - 8/28   Intensity   9     Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 29   9/5 - 9/11   Aerobic Volume   12     Week 29   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 30   11/21 - 11	Week 11	7/11 - 7/17	Anaerobic Threshold	
Week 13   7/25 - 7/31   RECOVERY   7     Week 14   8/1 - 8/7   Aerobic Volume/Strength   11     Week 15   8/8 - 8/14   Speed/Intensity   9     Week 16   8/15 - 8/21   RECOVERY   7     Week 17   8/22 - 8/28   Intensity   9     Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31 <td< td=""><td></td><td></td><td></td><td></td></td<>				
Week 14   8/1 - 8/7   Aerobic Volume/Strength   11     Week 15   8/8 - 8/14   Speed/Intensity   9     Week 16   8/15 - 8/21   RECOVERY   7     Week 17   8/22 - 8/28   Intensity   9     Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity   8     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31	Week 13		RECOVERY	
Week 15   8/8 - 8/14   Speed/Intensity   9     Week 16   8/15 - 8/21   RECOVERY   7     Week 17   8/22 - 8/28   Intensity   9     Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity   8     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31   11/28 - 12/4   Intensity/Speed   7     Week 32   12				
Week 16     8/15 - 8/21     RECOVERY     7       Week 17     8/22 - 8/28     Intensity     9       Week 18     8/29 - 9/4     Aerobic Volume/Strength     11       Week 19     9/5 - 9/11     Aerobic Volume     12       Week 20     9/12 - 9/18     RECOVERY     7       Week 21     9/19 - 9/25     Intensity     8       Week 22     9/26 - 10/2     Intensity/Speed     10       Week 23     10/3 - 10/9     Aerobic Volume     11       Week 24     10/10 - 10/16     RECOVERY     7       Week 25     10/17 - 10/23     Higher Intensity/Speed     8       Week 26     10/24 - 10/30     Higher Intensity/Speed     9       Week 27     10/31 - 11/6     Aerobic Volume     10       Week 28     11/7 - 11/13     RECOVERY     7       Week 29     11/14 - 11/20     Intensity     8       Week 30     11/21 - 11/27     Volume Block (Thanksgiving)     15       Week 31     11/28 - 12/4     Intensity/Speed     7       Week 32			, ,	
Week 17   8/22 - 8/28   Intensity   9     Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity   8     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31   11/28 - 12/14   Intensity/Speed   7     Week 32   12/5 - 12/11   RECOVERY   6.5     Week 33   12/12 - 12/18   Intensity/Speed   8     Week 34				
Week 18   8/29 - 9/4   Aerobic Volume/Strength   11     Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity/Speed   9     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31   11/28 - 12/4   Intensity/Speed   7     Week 32   12/5 - 12/11   RECOVERY   6.5     Week 33   12/12 - 12/18   Intensity/Speed   8     Week 34   12/19 - 12/25   Volume Block (Christmas)   14				
Week 19   9/5 - 9/11   Aerobic Volume   12     Week 20   9/12 - 9/18   RECOVERY   7     Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity   8     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31   11/28 - 12/4   Intensity/Speed   7     Week 32   12/5 - 12/11   RECOVERY   6.5     Week 33   12/12 - 12/18   Intensity/Speed   8     Week 34   12/19 - 12/25   Volume Block (Christmas)   14     Week 35   12/26 - 1/1   Race (10-15km)   7     Week 37 <td></td> <td></td> <td><b>'</b></td> <td>_</td>			<b>'</b>	_
Week 20     9/12 - 9/18     RECOVERY     7       Week 21     9/19 - 9/25     Intensity     8       Week 22     9/26 - 10/2     Intensity/Speed     10       Week 23     10/3 - 10/9     Aerobic Volume     11       Week 24     10/10 - 10/16     RECOVERY     7       Week 25     10/17 - 10/23     Higher Intensity/Speed     8       Week 26     10/24 - 10/30     Higher Intensity/Speed     9       Week 27     10/31 - 11/6     Aerobic Volume     10       Week 28     11/7 - 11/13     RECOVERY     7       Week 29     11/14 - 11/20     Intensity     8       Week 30     11/21 - 11/27     Volume Block (Thanksgiving)     15       Week 31     11/28 - 12/4     Intensity/Speed     7       Week 32     12/5 - 12/11     RECOVERY     6.5       Week 33     12/12 - 12/18     Intensity/Speed     8       Week 34     12/19 - 12/25     Volume Block (Christmas)     14       Week 35     12/26 - 1/1     Race (10-15km)     7       Week 3			, ,	
Week 21   9/19 - 9/25   Intensity   8     Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity   8     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31   11/28 - 12/4   Intensity/Speed   7     Week 32   12/5 - 12/11   RECOVERY   6.5     Week 33   12/12 - 12/18   Intensity/Speed   8     Week 34   12/19 - 12/25   Volume Block (Christmas)   14     Week 35   12/26 - 1/1   Race (10-15km)   7     Week 36   1/2 - 1/8   RECOVERY   7     Week 37   1/3 - 1/15   RACE (15-20km)   8     Week 39				
Week 22   9/26 - 10/2   Intensity/Speed   10     Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity   8     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31   11/28 - 12/14   Intensity/Speed   7     Week 32   12/5 - 12/11   RECOVERY   6.5     Week 33   12/12 - 12/18   Intensity/Speed   8     Week 34   12/19 - 12/25   Volume Block (Christmas)   14     Week 35   12/26 - 1/1   Race (10-15km)   7     Week 36   1/2 - 1/8   RECOVERY   7     Week 37   1/9 - 1/15   RACE (15-20km)   8     Week 39   1/23 - 1/29   RECOVERY   7     Week 40				
Week 23   10/3 - 10/9   Aerobic Volume   11     Week 24   10/10 - 10/16   RECOVERY   7     Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity   8     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31   11/28 - 12/4   Intensity/Speed   7     Week 32   12/5 - 12/11   RECOVERY   6.5     Week 33   12/12 - 12/18   Intensity/Speed   8     Week 34   12/19 - 12/25   Volume Block (Christmas)   14     Week 35   12/26 - 1/1   Race (10-15km)   7     Week 36   1/2 - 1/8   RECOVERY   7     Week 37   1/9 - 1/15   RACE (15-20km)   8     Week 39   1/23 - 1/29   RECOVERY   7     Week 39   1/23 - 1/29   RECOVERY   7     Week 40 <td< td=""><td></td><td></td><td><b>'</b></td><td>-</td></td<>			<b>'</b>	-
Week 24     10/10 - 10/16     RECOVERY     7       Week 25     10/17 - 10/23     Higher Intensity/Speed     8       Week 26     10/24 - 10/30     Higher Intensity/Speed     9       Week 27     10/31 - 11/6     Aerobic Volume     10       Week 28     11/7 - 11/13     RECOVERY     7       Week 29     11/14 - 11/20     Intensity     8       Week 30     11/21 - 11/27     Volume Block (Thanksgiving)     15       Week 31     11/28 - 12/4     Intensity/Speed     7       Week 32     12/5 - 12/11     RECOVERY     6.5       Week 33     12/12 - 12/18     Intensity/Speed     8       Week 34     12/19 - 12/25     Volume Block (Christmas)     14       Week 35     12/26 - 1/1     Race (10-15km)     7       Week 36     1/2 - 1/8     RECOVERY     7       Week 37     1/9 - 1/15     RACE (15-20km)     8       Week 38     1/16 - 1/22     Aerobic Volume     8       Week 39     1/23 - 1/29     RECOVERY     7       Week 40			, , , , , , , , , , , , , , , , , , ,	
Week 25   10/17 - 10/23   Higher Intensity/Speed   8     Week 26   10/24 - 10/30   Higher Intensity/Speed   9     Week 27   10/31 - 11/6   Aerobic Volume   10     Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity   8     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31   11/28 - 12/4   Intensity/Speed   7     Week 32   12/5 - 12/11   RECOVERY   6.5     Week 33   12/12 - 12/18   Intensity/Speed   8     Week 34   12/19 - 12/25   Volume Block (Christmas)   14     Week 35   12/26 - 1/1   Race (10-15km)   7     Week 36   1/2 - 1/8   RECOVERY   7     Week 37   1/9 - 1/15   RACE (15-20km)   8     Week 38   1/16 - 1/22   Aerobic Volume   8     Week 39   1/23 - 1/29   RECOVERY   7     Week 40   1/30 - 2/5   RACE (at least 35km)   6     Week 41   2/6 - 2/12   TAPER/Recover   5		, ,		
Week 26     10/24 - 10/30     Higher Intensity/Speed     9       Week 27     10/31 - 11/6     Aerobic Volume     10       Week 28     11/7 - 11/13     RECOVERY     7       Week 29     11/14 - 11/20     Intensity     8       Week 30     11/21 - 11/27     Volume Block (Thanksgiving)     15       Week 31     11/28 - 12/4     Intensity/Speed     7       Week 32     12/5 - 12/11     RECOVERY     6.5       Week 33     12/12 - 12/18     Intensity/Speed     8       Week 34     12/19 - 12/25     Volume Block (Christmas)     14       Week 35     12/26 - 1/1     Race (10-15km)     7       Week 36     1/2 - 1/8     RECOVERY     7       Week 37     1/9 - 1/15     RACE (15-20km)     8       Week 38     1/16 - 1/22     Aerobic Volume     8       Week 39     1/23 - 1/29     RECOVERY     7       Week 40     1/30 - 2/5     RACE (at least 35km)     6       Week 41     2/6 - 2/12     TAPER/Recover     5				
Week 27 10/31 - 11/6 Aerobic Volume 10   Week 28 11/7 - 11/13 RECOVERY 7   Week 29 11/14 - 11/20 Intensity 8   Week 30 11/21 - 11/27 Volume Block (Thanksgiving) 15   Week 31 11/28 - 12/14 Intensity/Speed 7   Week 32 12/5 - 12/11 RECOVERY 6.5   Week 33 12/12 - 12/18 Intensity/Speed 8   Week 34 12/19 - 12/25 Volume Block (Christmas) 14   Week 35 12/26 - 1/1 Race (10-15km) 7   Week 36 1/2 - 1/8 RECOVERY 7   Week 37 1/9 - 1/15 RACE (15-20km) 8   Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5				
Week 28   11/7 - 11/13   RECOVERY   7     Week 29   11/14 - 11/20   Intensity   8     Week 30   11/21 - 11/27   Volume Block (Thanksgiving)   15     Week 31   11/28 - 12/4   Intensity/Speed   7     Week 32   12/5 - 12/11   RECOVERY   6.5     Week 33   12/12 - 12/18   Intensity/Speed   8     Week 34   12/19 - 12/25   Volume Block (Christmas)   14     Week 35   12/26 - 1/1   Race (10-15km)   7     Week 36   1/2 - 1/8   RECOVERY   7     Week 37   1/9 - 1/15   RACE (15-20km)   8     Week 38   1/16 - 1/22   Aerobic Volume   8     Week 39   1/23 - 1/29   RECOVERY   7     Week 40   1/30 - 2/5   RACE (at least 35km)   6     Week 41   2/6 - 2/12   TAPER/Recover   5				
Week 29 11/14 - 11/20 Intensity 8   Week 30 11/21 - 11/27 Volume Block (Thanksgiving) 15   Week 31 11/28 - 12/4 Intensity/Speed 7   Week 32 12/5 - 12/11 RECOVERY 6.5   Week 33 12/12 - 12/18 Intensity/Speed 8   Week 34 12/19 - 12/25 Volume Block (Christmas) 14   Week 35 12/26 - 1/1 Race (10-15km) 7   Week 36 1/2 - 1/8 RECOVERY 7   Week 37 1/9 - 1/15 RACE (15-20km) 8   Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5				
Week 30     11/21 - 11/27     Volume Block (Thanksgiving)     15       Week 31     11/28 - 12/4     Intensity/Speed     7       Week 32     12/5 - 12/11     RECOVERY     6.5       Week 33     12/12 - 12/18     Intensity/Speed     8       Week 34     12/19 - 12/25     Volume Block (Christmas)     14       Week 35     12/26 - 1/1     Race (10-15km)     7       Week 36     1/2 - 1/8     RECOVERY     7       Week 37     1/9 - 1/15     RACE (15-20km)     8       Week 38     1/16 - 1/22     Aerobic Volume     8       Week 39     1/23 - 1/29     RECOVERY     7       Week 40     1/30 - 2/5     RACE (at least 35km)     6       Week 41     2/6 - 2/12     TAPER/Recover     5				
Week 31 11/28 - 12/4 Intensity/Speed 7   Week 32 12/5 - 12/11 RECOVERY 6.5   Week 33 12/12 - 12/18 Intensity/Speed 8   Week 34 12/19 - 12/25 Volume Block (Christmas) 14   Week 35 12/26 - 1/1 Race (10-15km) 7   Week 36 1/2 - 1/8 RECOVERY 7   Week 37 1/9 - 1/15 RACE (15-20km) 8   Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5		· ·	,	
Week 32 12/5 - 12/11 RECOVERY 6.5   Week 33 12/12 - 12/18 Intensity/Speed 8   Week 34 12/19 - 12/25 Volume Block (Christmas) 14   Week 35 12/26 - 1/1 Race (10-15km) 7   Week 36 1/2 - 1/8 RECOVERY 7   Week 37 1/9 - 1/15 RACE (15-20km) 8   Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5				
Week 33 12/12 - 12/18 Intensity/Speed 8   Week 34 12/19 - 12/25 Volume Block (Christmas) 14   Week 35 12/26 - 1/1 Race (10-15km) 7   Week 36 1/2 - 1/8 RECOVERY 7   Week 37 1/9 - 1/15 RACE (15-20km) 8   Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5				6.5
Week 34 12/19 - 12/25 Volume Block (Christmas) 14   Week 35 12/26 - 1/1 Race (10-15km) 7   Week 36 1/2 - 1/8 RECOVERY 7   Week 37 1/9 - 1/15 RACE (15-20km) 8   Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5				
Week 35 12/26 - 1/1 Race (10-15km) 7   Week 36 1/2 - 1/8 RECOVERY 7   Week 37 1/9 - 1/15 RACE (15-20km) 8   Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5			,, ,	14
Week 36 1/2 - 1/8 RECOVERY 7   Week 37 1/9 - 1/15 RACE (15-20km) 8   Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5				7
Week 37 1/9 - 1/15 RACE (15-20km) 8   Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5	Week 36	1/2 - 1/8	RECOVERY	7
Week 38 1/16 - 1/22 Aerobic Volume 8   Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5	Week 37		RACE (15-20km)	
Week 39 1/23 - 1/29 RECOVERY 7   Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5	Week 38		Aerobic Volume	8
Week 40 1/30 - 2/5 RACE (at least 35km) 6   Week 41 2/6 - 2/12 TAPER/Recover 5				
Week 41     2/6 - 2/12     TAPER/Recover     5				