

# 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	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
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	12/5 - 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 42	2/13 - 2/19	TAPER	4