

Training Periodization: Birkie 2018

Week	Dates	Focus	Approximate Hours
Week 1	5/29 - 6/4	Get back into training!	8
Week 2	6/5 - 6/11	Get back into training!	8
Week 3	6/12 - 6/18	Mid-volume	9
Week 4	6/19 - 6/25	Mid-volume	9
Week 5	6/26 - 7/2	Anaerobic Threshold	8
Week 6	7/3 - 7/9	RECOVERY	7
Week 7	7/10 - 7/16	Aerobic Volume/Strength	11
Week 8	7/17 - 7/23	Anaerobic Threshold	9
Week 9	7/24 - 7/30	Speed/Intensity	9
Week 10	7/31 - 8/6	RECOVERY	7
Week 11	8/7 - 8/13	Intensity	9
Week 12	8/14 - 8/20	Aerobic Volume/Strength	11
Week 13	8/21 - 8/27	Aerobic Volume	12
Week 14	8/28 - 9/3	RECOVERY	6
Week 15	9/4 - 9/10	Intensity	8
Week 16	9/11 - 9/17	Intensity/Speed	10
Week 17	9/18 - 9/24	Aerobic Volume	11
Week 18	9/25 - 10/1	RECOVERY	6
Week 19	10/2 - 10/8	Higher Intensity/Speed	9
Week 20	10/9 - 10/15	Higher Intensity/Speed	9
Week 21	10/16 - 10/22	Aerobic Volume	10
Week 22	10/23 - 10/29	RECOVERY	6
Week 23	10/30 - 11/5	Intensity	8
Week 24	11/6 - 11/12	Aerobic Volume	11
Week 25	11/13 - 11/19	RECOVERY	6
Week 26	11/20 - 11/26	Volume Block (Thanksgiving)	15
Week 27	11/27 - 12/3	Intensity/Speed	8
Week 28	12/4 - 12/10	RECOVERY	6
Week 29	12/11 - 12/17	Race (10-15km)	8
Week 30	12/18 - 12/24	Intensity/Speed	7
Week 31	12/25 - 12/31	Volume Block (Christmas)	14
Week 32	1/1 - 1/7	RECOVERY	6
Week 33	1/8-1/14	RACE (at least 20-25km)	8
Week 34	1/15 - 1/21	Aerobic Easy Volume	8
Week 35	1/22 - 1/28	Intensity/Speed	7
Week 36	1/29 - 2/4	RACE (at least 35km)	6
Week 37	2/5 - 2/11	Taper/Recover	5
Week 38	2/12 - 2/18	Taper	5
Week 39	2/19 - 2/25	BIRKIE WEEK	6

TOTAL TRAINING HOURS 326

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