

Training Periodization: Birkie 2019

Week	Dates	Focus	Approximate Hours
Week 1	5/28 - 6/3	Get back into training!	8
Week 2	6/4 - 6/10	Get back into training!	8
Week 3	6/11 - 6/17	Mid-volume	9
Week 4	6/18 - 6/24	Mid-volume	9
Week 5	6/25 - 7/1	Anaerobic Threshold	8
Week 6	7/2 - 7/8	RECOVERY	7
Week 7	7/9 - 7/15	Aerobic Volume/Strength	11
Week 8	7/16 - 7/22	Anaerobic Threshold	9
Week 9	7/23 - 7/29	Speed/Intensity	9
Week 10	7/30 - 8/5	RECOVERY	7
Week 11	8/6 - 8/12	Intensity	9
Week 12	8/13 - 8/19	Aerobic Volume/Strength	11
Week 13	8/20 - 8/26	Aerobic Volume	12
Week 14	8/27 - 9/2	RECOVERY	6
Week 15	9/3 - 9/9	Intensity	8
Week 16	9/10 - 9/16	Intensity/Speed	10
Week 17	9/17 - 9/23	Aerobic Volume	11
Week 18	9/24 - 9/30	RECOVERY	6
Week 19	10/1 - 10/7	Higher Intensity/Speed	9
Week 20	10/8 - 10/14	Higher Intensity/Speed	9
Week 21	10/15 - 10/21	Aerobic Volume	10
Week 22	10/22 - 10/28	RECOVERY	6
Week 23	10/29 - 11/4	Intensity	8
Week 24	11/5 - 11/11	Aerobic Volume	11
Week 25	11/12 - 11/18	RECOVERY	6
Week 26	11/19 - 11/25	Volume Block (Thanksgiving)	15
Week 27	11/26 - 12/2	Intensity/Speed	8
Week 28	12/3 - 12/9	RECOVERY	6
Week 29	12/10 - 12/16	Race (10-15km)	8
Week 30	12/17 - 12/23	Intensity/Speed	7
Week 31	12/24 - 12/30	Volume Block (Christmas)	14
Week 32	12/31 - 1/6	RECOVERY	6
Week 33	1/7-1/13	RACE (at least 20-25km)	8
Week 34	1/14 - 1/20	Aerobic Easy Volume	8
Week 35	1/21 - 1/27	Intensity/Speed	7
Week 36	1/28 - 2/3	RACE (at least 35km)	6
Week 37	2/4 - 2/10	Taper/Recover	5
Week 38	2/11 - 2/17	Taper	5
Week 39	2/18 - 2/24	BIRKIE WEEK	6
		TOTAL TRAINING HOURS	326
Copyright © 2018 Endurance United. All Rights Reserved.			