

# 30Km Training Plan

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 D27-Jan2	Rest	<b>SD - Week 1</b>	Rest	<b>SD - Week 1</b>	Rest	<b>SD - Week 1</b>	<b>SD - Week 1</b>
2 Jan 3-9	Rest	<b>SD - Week 2</b>	Rest	<b>SD - Week 2</b>	Rest	<b>30 min</b> R 5 min W 1 min	<b>SD - Week 2</b>
3 Jan 10-16	Rest	<b>SD - Week 3</b>	Rest	<b>30 min</b> R 5 min W 1 min	Rest	<b>6km</b> R 5 min W 1 min	<b>SD - Week 3</b>
4 Jan 17-23	Rest	<b>SD - Week 4</b>	<b>SD - Week 4</b>	<b>SD - Week 4</b>	Rest	<b>6km</b> R 6 W 1	<b>SD - Week 4</b>
5 Jan 24-30	Rest	<b>SD - Week 5</b>	<b>SD - Week 5</b>	<b>30 min</b> R 6 min W 1 min	Rest	<b>8km</b> R 6 min W 1 min	<b>SD - Week 5</b>
6 J 31-Feb 6	Rest	<b>SD - Week 6</b>	<b>SD - Week 6</b>	<b>30 min</b> R 7 min W 1 min	<b>SD - Week 6</b>	<b>10km</b> R 7 min W 1 min	<b>SD - Week 6</b>
7 Feb 7-13	Rest	<b>30 min</b> R 7 min W 1 min	<b>SD - Week 7</b>	<b>30 min</b> R 7 min W 1 min	<b>SD - Week 7</b>	<b>10km</b> R 3 min W 2 min	<b>SD - Week 7</b>
8 Feb 14-20	Rest	<b>SD - Week 8</b>	<b>SD - Week 8</b>	<b>SD - Week 8</b>	<b>SD - Week 8</b>	<b>6km</b> R 7 min W 1 min	<b>SD - Week 8</b>
9 Feb 21-27	Rest	<b>30 min</b> R 7 min W 1 min	Yoga	<b>30 min</b> R 7 min W 1 min	Rest	<b>11km</b> R 7 min W 1 min	<b>SD Workout</b>
10 F 28- Mar 6	Rest	<b>30 min</b> R 7 min W 1 min	Yoga	<b>35 min</b> R 7 min W 1 min	Rest	<b>13km</b> R 7 min W 1 min	<b>SD Workout</b>
11 Mar 7-13	Rest	<b>35 min</b> R 8 min W 1 min	Yoga	<b>35 min</b> R 8 min W 1 min	Rest	<b>8km</b> R 8 min W 1 min	<b>SD Workout</b>

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12 Mar 14-20	Rest	<b>30 min</b> R 8 min W 1 min	Yoga	<b>35 min</b> R 8 min W 1 min	Rest	<b>14km</b> R 8 min W 1 min	<b>SD</b> Workout
13 Mar 21-27	Rest	<b>35 min</b> R 8 min W 1 min	Yoga	<b>35 min</b> R 8 min W 1 min	Rest	<b>14km</b> R 8 min W 1 min	<b>SD - Week</b> 7
14 M 28-Apr 3	Rest	<b>35 min</b> R 8 min W 1 min	Yoga	<b>40 min</b> R 8 min W 1 min	Rest	<b>10km</b> R 8 min W 1 min	<b>SD - Week</b> 8
15 Apr 4-10	Rest	<b>40 min</b> R 8 min W 1 min	Yoga	<b>40 min</b> R 8 min W 1 min	Rest	<b>16km</b> R 8 min W 1 min	<b>SD</b> Workout
16 Apr 11-17	Rest	<b>40 min</b> R 8 min W 1 min	Yoga	<b>36 min</b> R 8 min W 1 min	Rest	<b>18 km</b> R 8 min W 1 min	<b>SD</b> Workout
17 Apr 18-24	Rest	<b>45 min</b> R 9 min W 1 min	Yoga	<b>45 min</b> R 9 min W 1 min	Rest	<b>11 km</b> R 9 min W 1 min	<b>SD</b> Workout
18 A 25-May 1	Rest	<b>45 min</b> R 9 min W 1 min	Yoga	<b>45 min</b> R 9 min W 1 min	Rest	<b>20 km</b> R 9 min W 1 min	<b>SD</b> Workout
19 May 2-8	Rest	<b>45 min</b> R 9 min W 1 min	Yoga	<b>45 min</b> R 9 min W 1 min	Rest	<b>24 km</b> R 9 min W 1 min	<b>SD</b> Workout
20 May 9-15	Rest	<b>45 min</b> R 9 min W 1 min	Yoga	<b>45 min</b> R 9 min W 1 min	Rest	<b>15km</b> R 9 min W 1 min	<b>SD</b> Workout
21 May 16-22	Rest	<b>40 min</b> R 9 min W 1 min	Yoga	<b>40 min</b> R 9 min W 1 min	Rest	<b>26 km</b> R 9 min W 1 min	<b>SD</b> Workout
22 May 23-29	Rest	<b>35 min</b> R 9 min W 1 min	Yoga	<b>35 min</b> R 9 min W 1 min	Rest	<b>10 km</b> R 9 min W 1 min	<b>SD</b> Workout
23 M30-June 5	Rest	<b>30 min</b> R 9 min W 1 min	Yoga	Rest	Rest	Rest	<b>Whistler</b> <b>30k</b>