

2022 Training Plan

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Jan 16-22	Rest	SD - Week 1	Rest	SD - Week 1	Rest	SD - Week 1	SD - Week 1
2 Jan 23-29	Rest	SD - Week 2	Rest	SD - Week 2	Rest	30 min R 5 min W 1 min	SD - Week 2
3 Jan 29- Feb 5	Rest	SD - Week 3	Rest	30 min R 5 min W 1 min	Rest	5km R 5 min W 1 min	SD - Week 3
4 Feb 6-12	Rest	SD - Week 4	SD - Week 4	SD - Week 4	Rest	6km R 6 W 1	SD - Week 4
5 Feb 13-19	Rest	SD - Week 5	SD - Week 5	30 min R 6 min W 1 min	Rest	8km R 6 min W 1 min	SD - Week 5
6 Feb 20-26	Rest	SD - Week 6	SD - Week 6	30 min R 7 min W 1 min	SD - Week 6	10km R 7 min W 1 min	SD - Week 6
7 Feb 27- Mar 5	Rest	30 min R 7 min W 1 min	SD - Week 7	30 min R 7 min W 1 min	SD - Week 7	10km R 3 min W 2 min	SD - Week 7

2022 Training Plan

8 Mar 6-12	Rest	SD - Week 8	SD - Week 8	SD - Week 8	SD - Week 8	6km R 7 min W 1 min	SD - Week 8
9 Mar 13-19	Rest	30 min R 7 min W 1 min	Yoga	30 min R 7 min W 1 min	Rest	11km R 7 min W 1 min	SD Workout
10 Mar 20-26	Rest	30 min R 7 min W 1 min	Yoga	35 min R 7 min W 1 min	Rest	13km R 7 min W 1 min	SD Workout
11 Mar 27- April 2	Rest	35 min R 8 min W 1 min	Yoga	35 min R 8 min W 1 min	Rest	8km R 8 min W 1 min	SD Workout
12 April 3-9	Rest	30 min R 8 min W 1 min	Yoga	35 min R 8 min W 1 min	Rest	14km R 8 min W 1 min	SD Workout
13 April 10-16	Rest	35 min R 8 min W 1 min	Yoga	35 min R 8 min W 1 min	Rest	14km R 8 min W 1 min	SD - Week 7

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14 Apr 17-23	Rest	35 min R 8 min W 1 min	Yoga	40 min R 8 min W 1 min	Rest	10km R 8 min W 1 min	SD - Week 8
15 Apr 24-30	Rest	40 min R 8 min W 1 min	Yoga	40 min R 8 min W 1 min	Rest	16km R 8 min W 1 min	SD Workout
16 May 1-7	Rest	40 min R 8 min W 1 min	Yoga	36 min R 8 min W 1 min	Rest	18 km R 8 min W 1 min	SD Workout
17 May 8-14	Rest	45 min R 9 min W 1 min	Yoga	45 min R 9 min W 1 min	Rest	15 km R 9 min W 1 min	SD Workout
18 May 15-21	Rest	45 min R 9 min W 1 min	Yoga	45 min R 9 min W 1 min	Rest	12 km R 9 min W 1 min	SD Workout
19 May 22-28	Rest	45 min R 9 min W 1 min	Yoga	45 min R 9 min W 1 min	Rest	10 km R 9 min W 1 min	SD Workout
20 May 29- June 4	Rest	45 min R 9 min W 1 min	Yoga	Rest	Rest	Rest	Whistler Half

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