



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	EASY RUN 45MIN	WARM UP 20MIN ON UPHILL: 4X (4MIN AT 85% / RECOVERY 1MIN WALKING UPHILL) COOL DOWN 10MIN	REST	EASY RIDE 1H30MIN	WARM UP 20MIN 20MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK), COOL DOWN 10MIN	MOUNTAIN RUN: ELEVATION >800M / 2H	REST
WEEK 2	EASY RUN 50MIN	WARM UP 20MIN ON UPHILL: 4X (6MIN AT 85% / RECOVERY 1MIN WALKING UPHILL) COOL DOWN 10MIN	REST	EASY RIDE 1H45MIN	WARM UP 20MIN 20MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK) COOL DOWN 10MIN	MOUNTAIN RUN: ELEVATION >1000M / 2H30MIN	REST
WEEK 3	EASY RUN 55MIN	WARM UP 20MIN ON UPHILL: 3X (10MIN AT 85% / RECOVERY 2MIN WALKING UPHILL), COOL DOWN 10MIN	REST	EASY RUN 55MIN	WARM UP 20MIN 20MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK) COOL DOWN 10MIN	MOUNTAIN RUN: ELEVATION >1200M / 3H	REST
WEEK 4	EASY RUN 50MIN	WARM UP 20MIN ON UPHILL: 10X (45SEC AT 100% INTENSITY UPHILL, 45MIN RECOVERY DOWNHILL), COOL DOWN 10MIN	REST	WARM UP 20MIN 20MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK) COOL DOWN 10MIN	WARM UP 20MIN (2X15MIN AT 85% / RECOVERY 2MIN) COOL DOWN 10MIN	MOUNTAIN RUN: ELEVATION >1400 / 3H30MIN	REST
WEEK 5	EASY RUN 1H05MIN	WARM UP 20MIN ON UPHILL: 2X (5X 1MIN AT 100% INTENSITY UPHILL, 1MIN RECOVERY DOWNHILL), REST 2MIN BETWEEN THE TWO SERIES COOL DOWN 10MIN	REST	WARM UP 20MIN (2X14MIN AT 80% / RECOVERY 2MIN) COOL DOWN 10MIN	EASY RIDE / MTB 1H30MIN	MOUNTAIN RUN: ELEVATION >1200 / 3H30MIN	MOUNTAIN RUN: ELEVATION >1400 / 4H
WEEK 6	REST	EASY RIDE / MTB 1H30MIN	EASY RUN 1H	WARM UP 20MIN ON UPHILL: 10X (1MIN AT 100% INTENSITY UPHILL, 1MIN RECOVERY DOWNHILL), COOL DOWN 10MIN	EASY RIDE / MTB 1H30MIN	MOUNTAIN RUN: ELEVATION <1400 / 4H30MIN	MOUNTAIN RUN: ELEVATION >1400 / 5H
WEEK 7	REST	EASY RIDE / MTB 1H30MIN	EASY RUN 50MIN	WARM UP 20MIN ON UPHILL: 8X(1MIN AT 100% INTENSITY UPHILL, 1MIN RECOVERY DOWNHILL) COOL DOWN 10MIN	REST	MOUNTAIN RUN: ELEVATION >800M / 2H	EASY RIDE / MTB 1H
WEEK 8	REST	EASY RUN 50MIN	WARM UP 20MIN ON FLAT: 10X (30SEC AT 90% INTENSITY, 30SEC RECOVERY) COOL DOWN 10MIN	REST	EASY RUN 30MIN	DODO TRAIL XTREME	