

JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy New Year!	2	3	4 Laps	5 Recovery	6 cross train
	Start the year off right... RUN!	OYO-20-30 easy + core	WELCOME BACK! 20 mins easy + core	1 on, 1 off (20-25 minutes)	OYO-easy 20 mins	30-40 mins OYO
	20 mins easy	1:44			Core/lift	
7	8 Turns	9 Strength	10 Recovery	11 Repeats	12 Recovery	13 cross train
	Alt tempo/easy at each turn x 5-6	Bodyweight circuit	OYO	Laps: 4x1-2x2	OYO Core/lift	30-40 mins OYO
	Lift	1:44		10 mins cd		
14	15 No School	16 Tempo	17 Recovery	18 Pyramid	19 Recovery	20 cross train
	OYO-20 easy	2x8xhalfway tempo	OYO	4xhalfway-2xlap-4xhalfway 2lap cd	OYO-easy 20	35-45 mins OYO
	Lift	-30sec rest, 2mins between sets+ core			Core/lift	
21	22 Tempo	23 Strength	24 Recovery	25 Ladder	26 Recovery	27 cross train
	4-6 laps 3-5 min rest	Bodyweight circuit	OYO	Laps: .5-1-2-2-1-5	OYO-6-8 laps	50-60 minutes swim/bike/yoga
	Lift	1:44		10 mins wu/cd	lift	
28	29 Tempo	30 Pyramid	31 Recovery			
	5-7x 1 lap+ stairs	4xhalfway-2xlap-4xhalfway 2lap cd	OYO			
	Lift	core				
		1:44				

FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pyramid 4xhallway-3xlap- 4xhallway 2lap cd	2 Recovery OYO-easy 3 Core/lift	3 OYO March 40 cross train 35-45 mins OYO
4	5 Tempo 4-6 laps 3-5 min rest-4xhallway accelerations Lift	6 Strength Bodyweight circuit Lift	7 Recovery OYO core	8 Ladder Laps: hw-.5-1-1-.5- hw x 2 10 mins wu/cd	9 Recovery OYO-easy 20 Core/lift	10 cross train 35-45 mins OYO
11 Over/Under Lift	12 Easy 6-8 easy Lift	13 Tempo 2x10xhallway tempo-30sec rest, 2mins be- tween sets+ core Lift	14 Recovery OYO 6-8 laps easy + core	15 Repeats Laps: 4x1-2x2 10 mins cd	16 Recovery OYO-easy 6-8 laps Core/lift	17 cross train 35-45 mins OYO
18 Recovery/Repeat	19 Easy 6-8 laps easy + Lift	20 Strength Bodyweight circuit Lift	21 Recovery OYO 6-8 laps easy + core	22 Ladder Laps: .5-1-2-1-.5 x 2 10 mins wu/cd	23 Recovery OYO-easy 4 Core/lift	24 Content District cross train 35-45 mins OYO
25 Preparation Down Week	26 Easy 6-8 laps easy Lift	27 Tempo 5-7x 1 lap on, 1 off Lift	28 Recovery OYO 6-8 laps easy + core	March 1	2	3 OYO March Championships