

Around the Bay 30km 2018 - 10km base

Week Of	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 25	11km	Rest	Rest	6km	Rest	6km/hill x 2	Rest
Dec. 2	12km	Rest	Rest	7km	Rest	6km/90 sec spr. x2	Rest
Dec. 9	10km	Rest	Rest	8km	Rest	6km/6min. tempo	Rest
Dec. 16	13km	Rest	Rest	9km	Rest	6km/hill x 2	Rest
Dec. 23	15km	Rest	Rest	10km	Rest	6km/90 sec spr. x2	Rest
Dec. 30	12km	Rest	Rest	10km	Rest	7km/ hill x 3	Rest
Jan. 6	17km	Rest	Rest	10km	Rest	7km/7 min. tempo	Rest
Jan. 13	19km	Rest	Rest	10km	Rest	7km/90 sec spr. x2	Rest
Jan. 20	15km	Rest	Rest	10km	Rest	7km/hill x 3	Rest
Jan. 28	21km	Rest	Rest	10km	Rest	8km/8 min. tempo	Rest
Feb. 7	24km	Rest	Rest	10km	Rest	8km/90 sec spr x 3	Rest
Feb. 10	17km	Rest	Rest	10km	Rest	8km/hill x 4	Rest
Feb. 17	27km	Rest	Rest	10km	Rest	9km/9 min. tempo	Rest
Feb. 24	30km	Rest	Rest	10km	Rest	9km	Rest
March 3	21km (or race tomorrow)	Chilly Half 21.1km	Rest	10km	Rest	9km	Rest
March 10	15km	Rest	Rest	10km	Rest	9km	Rest
March 17	10km	Rest	Rest	10km	Rest	5km	Rest
March 24	Rest	Around the Bay 30km	Rest	Rest	Rest	Rest	Rest

Tempo is 15-30 sec faster than race pace.