

Workout	SR	rest	difficulty
2x30'	@16-20	3'	SS
5x1k	@22-24	2' (Active Recovery)	U2
5x1500m	OPEN	4'	AT
2x20'	@18	3'	SS
3k, 2.5k, 2k	@24-28	5'	AT
10k	@16-20	----	SS ~50% press
REST DAY	---	----	----
2x6k	OPEN, @18	3'	AT/U2 ~Hard, then SS/Recovery
26' Pyramind	@18,20,22,24,22,20,18	(5', 4', 3' 2', 3', 4', 5')	U2
3x10'	@18,20,18	4'	U1
(10x 1' on 1' off)x2	OPEN	5' (after first 10' piece)	AT/TRI ~all out, you got this :)
RECOVERY DAY	3 mile run; hour bike ride	----	U1 ~still staying active, but recovering from yesterday
2x20'	@18	4'	U1
REST DAY	---	----	----
10k	Low (no higher than 22)	----	U1 ~I know this is long, watch a movie and focus on technique
15' Step Ladder	@18,20,22,24,26	(5', 4', 3', 2', 1')	U2
Mini Big Easy (30', 20', 10')	@16-20	2'	SS
5x500m	OPEN	1'	AT
3x15'	@18,20,18	3'	U1
8k	Low (no higher than a 24)	---	U1/U2
REST DAY	---	---	---
5x1500m	@22,24,26,24,22	3'	AT
2x30'	@18	2'	U1
RECOVERY DAY	3 mile run; hour bike ride	---	U1/U2 ~mental health day/change of scenery :)
4x10'	@20,22,24,26	3'	U2
8k	Low (no higher than a 24)	---	U1
26' Pyramind	@18,20,22,24,22,20,18	(5', 4', 3', 2', 3', 4', 5')	U2
REST DAY	---	---	---