

10 Week Base Building Plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	40-45 min easy	60 min easy	40-45 min recovery	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	45-60 min recovery
Rest	40-45 min easy	60 min easy	40-45 min recovery	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	45-60 min recovery
Rest	40-45 min easy with 4x20 sec. hills	60 min easy	40-45 min easy with 4x20 sec hills	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	45-60 min easy with 4x30 sec hills
Rest	40-45 min easy with 4x20 sec. hills	60 min easy	40-45 min easy with 4x20 sec hills	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	45-60 min easy with 4x30 sec hills
Rest	40-45 min easy with 4x20 sec fast/2 min easy	45-50 min with 6x20 sec fast/2 min easy	40 min recovery	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	45-60 min easy with 4x20 sec hills
Rest	40-45 min easy with 4x30 sec. hills	45-50 min with 6x20 sec fast/2 min easy	40 min recovery	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	45-60 min easy with 4x30 sec hills
Rest	40-45 min easy with 4x30 sec fast/2 min easy	45-50 min with 6x30 sec hills	40 min recovery	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	45-60 min easy with 4x30 sec fast/2 min easy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	40-45 min easy with 4x30 sec. hills	45-50 min with 6x30 sec fast/2 min easy	40 min recovery	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	45-60 min easy with 4x30 sec hills
Rest	45-50 min easy with 4x30 sec fast/2 min easy	45-50 min with 8x30 sec fast/2 min easy	40 min recovery	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	60-65 min easy with 4x30 sec hills
Rest	40-45 min easy with 4x30 sec. hills	45-50 min with 8x30 sec fast/2 min easy	40 min recovery	Rest or cross train (bike, yoga, etc)	90-105 minutes easy on fun trails!	60-65 min easy with 4x30 sec hills