

12 Week Winter Speed Building Plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	6 mi. easy + 4x20 sec hills	3 mi. easy, 10x1 min fast/2 min easy, 3 mi. easy	6 mi. easy	Rest/Cross train	14 mi. easy/moderate	6 mi. easy + 5x20 sec hills
Rest	6 mi. easy + 4x20 sec fast/2 min easy	2 mi easy, 3x (4x1 min on/1 min off), 2 mi easy (2 min between sets)	6 mi. easy	Rest/Cross train	14 mi. easy/mod with 15 min mod/hard in the middle	6 mi. easy + 5x20 sec hills
Rest	6 mi. easy + 4x20 sec hills	2 mi. easy, 5x2 min on/90 sec off, 5x1 min on/90 sec off, 2 mi. easy	6 mi. easy	Rest/Cross train	14 mi. easy/mod with 20 min mod/hard in the middle	6 mi. easy + 4x30 sec fast/2 min easy in the middle
Rest	6 mi. easy	80-90 min easy/mod	6 mi. easy	Rest/Cross train	14 mi. easy/mod	6 mi. easy + 6x20 sec hills
Rest	6 mi. easy + 4x20 sec fast/2 min easy	2 mi. easy, 6x2 min on/2 min off, 4x1 min on/90 sec off, 2 mi easy	6 mi. easy	Rest/Cross train	14 mi. easy/mod, make it a nice winter grind!	6 mi. easy + 6x20 sec steeper hills
Rest	6 mi easy + 4x20 sec fast/1 min easy	3 mi. easy, 30/60/90/120/120/90/60/30 sec fast, 3 mi. easy (equal rest)	6 mi. easy	Rest/Cross train	14 mi. easy (15 min mod/hard on net uphill)	6 mi. easy
Rest	6 mi. easy: aerobic build week means relaxed workouts!	2 mi. easy, 5x4 min moderate, 2 min rest, 2 mi. easy	6 mi. easy	Rest/Cross train	15 mi. easy	6 mi. easy + 4x30 sec hills

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	6 mi. easy + 4x30 sec hills	3 mi. easy, 5x3 min hills mod with run down rest, 3 mi easy	6 mi. easy	Rest/Cross train	14 mi. easy/mod (20 min mod/hard on net uphill. Send it!	6 mi. easy + 6x30 sec steeper hills
Rest	6 mi. easy + 5x20 sec hills	2 mi. easy, 12x1 min on/90 sec off, 2 mi. easy	6 mi. easy	Rest/Cross train	15 mi. easy	6 mi. easy
Rest	6 mi. easy + 4x30 sec hills	8-10 mi. easy/mod over rolling hills	6 mi. easy	Rest/Cross train	15 mi. easy/mod over rolling hills	6 mi. easy + 5x20 sec steeper hills
Rest	6 mi. easy + 4x20 sec hills	2 mi. easy, 15x1 min on/1 min off, 2 mi. easy	6 mi. easy	Rest/Cross train	15 mi. easy/mod with optional 20 min tempo	6 mi. easy + 6x20 sec steeper hills
REST: Down week!	6 mi. easy	6 mi. easy	6 mi. easy	Rest/Cross train	12 mi. easy	6 mi. easy + 4x20 sec hills