



Lovejoy Distance Team

Winter Mileage Chart 2014-2015

30 Mile Week:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
6E	5H	5E	4M	5E	5M	Off

40 Mile Week:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8E	6H	4E	6M	5E	6E	5M

50 Mile Week:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
10E	8H	6E	8M	6E	8E	4M

60 Mile Week:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12E	10H	8E	8M	8E	8M	6M

70 Mile Week:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
14E	am:4E Pm:8H	8E	am:4 pm:6M	8E	am:4 pm: 6M	8M

80 Mile Week:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
16E	am:4E Pm:10H	8E	am:4E pm:8M	8E	am:4E pm:8M	10M

**When increasing mileage do so gradually...always make sure you've adapted to the workload before increasing*

**Keep your shoes updated. Try to train in 2 different pair to reduce the risk of injury.*

**Always check with me first before you increase your mileage...I will tell you where I want you to be.*

**Buildups should be done on Tues/Thurs. Try to get in a Hilly run on Saturday.*

E= Easy effort...

M= Comfortably hard. Should feel as though could do more at that pace after the run

H=Hard uptempo effort similar to a "Banger" day