

SARA'S TRAINING SCHEDULE 2017

Week Of	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Miles	Notes
January 9	4	XT	3	rest	4	8	4	23	
January 16	4	XT	3	rest	4	9	4	24	
January 23	4	XT	3	rest	4	10	4	25	
January 30	4	XT	3	rest	4	8	4	23	
February 6	4	XT	3	rest	rest	3.1	5	19.1	VALENTINE'S DAY RACE
February 13	4	XT	3	rest	5	9	5	26	
February 20	4	XT	3	rest	5	10	5	27	
February 27	4	XT	3	rest	5	10	5	27	
March 6	4	XT	3	rest	5	8	5	25	
March 13	4	XT	3	rest	rest	10 Mile	rest	17	HOT DASH
March 20	rest	4	3	rest	5	6.2	rest	18.2	
March 27	4	XT	3	rest	5	8	3	23	
April 3	4	XT	3	rest	5	10	3	25	
April 10	4	XT	3	rest	5	8	5	25	
April 17	4	XT	3	rest	5	6 pace	5	23	
April 24	4	XT	3	3 rest	rest	6.2	5	22	GET IN GEAR
May 1	4	XT	3	rest	5	8	5	25	
May 8	4	XT	3	rest	3 pace	10	5	25	
May 15	4	XT	3	rest	5	8	5	25	
May 22	4	XT	3	rest	5	10	5	25	
May 28	4	XT	3	rest	5	10	5	27	
May 15	4	XT	3	rest	5	10	5		
May 22	3	5	3	rest	5 pace	10	XT	26	
May 29	3	5	3	rest	5 pace	11	XT	27	
Jun 5	3	6	3	rest	6 pace	13	XT	31	
Jun 12	3	7	3	OS	6 pace	8	3.1	27	GRIDIRON GALLOP + OS
Jun 19	3	7	3	OS	7	14	OS	34	
Jun 26	3	7		7 pace	10LR		3	30	
Jul 3	2	13.1	rest	OS	3	3	OS	21	RED WHITE BOOM 1/2
Jul 10	4	8	4	OS	8 pace	16	OS	40	
Jul 17	4	8	3.1	OS	8	17	OS	40.1	
Jul 24	4	9	4	OS	rest	13.1	OS	30.1	
Jul 31	4	9	4	OS	9 pace	19	OS	45	
Aug 7	5	10	5	OS	10	20	TRI	50	Y TRI with ROSIE? 200S/7.5B/1R
Aug 14	5	6	5	OS	6 pace	12	OS	34	
Aug 21	5	10		10 pace	10LR?		2.5	35	OPEN SWIM CLASSIC!
Aug 28	5	6	5	rest	6	12		34	
Sept 4	5	10	5	rest	10 pace	20		50	
Sept 11	5	8	5	rest	4 pace	12		34	
Sept 18	4	6	4	rest	4	8		26	
Sept 25	XT	3	4	rest	rest	2	26.2		