

### 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	6.2	5	22	GET IN GEAR
May 1	4	XT	3	rest	5	8	5	25	
May 8	rest	5	3	XT	3	10	5	26	
May 15	rest	5	3	XT	4	10	5	27	
May 22	rest	5	3	XT	4	11	5	28	
May 29	rest	5	3	XT	4	11	5	28	
Jun 5	rest	6	3	XT	4	12	5	30	
Jun 12	rest	7	3	OS	12	4	3.1	29.1	GRIDIRON GALLOP + OS
Jun 19	rest	6	3	OS	7	13	3	32	
Jun 26	rest	8	4	OS	8	4	7	31	
Jul 3	rest	13.1	rest	OS/2.5	10	3	OS	26.1	RED WHITE BOOM 1/2
Jul 10	4	8	4	OS	8	15	OS	39	
Jul 17	4	8	3.1	OS	8	14	OS	37.1	
Jul 24	4	8	4	OS	9	18	OS	43	
Jul 31	4	9	4	OS	9	20	OS	46	
Aug 7	5	6	5	OS	6	12	TRI	34	Y TRI with ROSIE 200S/7.5B/1R
Aug 14	5	10	5	OS	10	20	OS	50	
Aug 21	5	6	5	rest	12	6	OS	34	OPEN SWIM CLASSIC!
Aug 28	rest	5	6	5	rest	6	12	34	
Sept 4	rest	5	10	5	rest	10	20	50	
Sept 11	rest	5	8	5	rest	4	12	34	
Sept 18	rest	4	6	4	rest	4	8	26	
Sept 25	rest	3	4	rest	rest	2	26.2	35.2	