



Date	If you have not been training consistently, use this plan		
Nov	Warmup	Work Set	Cooldown
7	1 x 5 min, 70% HRmax /RPE 4.5		1 x 5 min, 70% HRmax /RPE 4.5
8	1 x 5 min, 70% HRmax /RPE 4.5	1 x 5 min, 70% HRmax / RPE 4.55	1 x 5 min, 70% HRmax /RPE 4.5
9	1 x 5 min, 70% HRmax /RPE 4.5	2 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax /RPE 4.5
10	1 x 5 min, 70% HRmax /RPE 4.5	2 x 5 min, 70% HRmax / RPE 4.5 2 min rest	1 x 5 min, 70% HRmax /RPE 4.5
11	1 x 5 min, 70% HRmax /RPE 4.5	1 min max effort, Record beginning and ending splits Determine target Race Split	1 x 5 min, 70% HRmax /RPE 4.5

Always check with your physician before starting a new workout plan!



If you consistently train, use this plan		
Warmup	Work Set	Cooldown
1 x 10 min, 70% HRmax /RPE 4.5	1 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	1 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	1 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	1 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	1 min max effort, Record beginning and ending splits Determine target Race Split	1 x 10 min, 70% HRmax /RPE 4.5

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