



High Desert 30k

December 3, 2017

week	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Total
8/19	5	O	Off	2	2	3	Off	13
8/26	6	P	Off	2	2	3	Off	13
9/2	7	T	Off	3	3	3	Off	16
9/9	4 / 6	I	Off	4	3	4 F	Off	15
9/16	6 / 8	O	Off	3	3	5 F	Off	17
9/23	7 / 9	N	Off	4	3	3 F	Off	17
9/30	8 / 10	A	Off	5	3H	4 F	Off	20
10/7	5 / 7	L	Off	4	4H	5 F	Off	18
10/14	8 / 10	O	Off	5	3H	3 F	Off	18
10/21	12 / 14	P	Off	6	5H	4 F	Off	25
10/28	7 / 9	T	Off	5	3H	3 F	Off	18
11/4	10 / 12	I	Off	4	6H	5 F	Off	25
11/11	13	O	Off	5	4H	3 F	Off	25
11/18	8 / 10	N	Off	4	6 H	6 F	Off	24
11/25	6 / 8	A	Off	4	5	4 F	Off	19
12/2	15 race day	L	off				off	

Optional = if you want to do some hike is ok

H = Hills

F = Fast

If this is not your first 25K you can add 2 miles to every long run. 4/6 = run 6 miles instead of 4 miles

Always train on terrain similar of your race.