

	Week	Saturday Long Run (m)	Sunday Run (mi)	Total Weekly Miles	Focus
0	1	8	3	20-22	Base building
1	2	10	4	24-26	Fuel practice
2	3	12	5	28-30	Form focus
3	4	7	3	Deload	Recovery week
4	5	14	6	32-34	Hill strategy
5	6	16	7	36-38	BTB simulation
6	7	10	4	Deload	Micro reset
7	8	18	8	40-42	Race fueling
8	9	20	10	44-46	Peak volume
9	10	12	5	30-32	Step back
10	11	22	8	46-48	Race simulation
11	12	8	2	18-20	Taper + race