



Main Du Training Plan

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	7/6/2009	25 minute easy run/walk	Rest or Cross-train	35 min bike moderate/hilly	Rest or Cross-train	25 minute moderate run/walk	40 min bike	Rest
2	7/13/2009	30 minute easy run/walk	Rest or Cross-train	40 min bike moderate/hilly	Rest or Cross-train	30 minute moderate run/walk	30 minute brick 20 min bike - 10 min run/walk	Rest
3	7/20/2009	35 minute easy run/walk	Rest or Cross-train	45 min bike moderate/hilly	Rest or Cross-train	35 minute moderate run/walk	40 minute brick 30 min bike - 10 min run/walk	Rest
4	7/27/2009	40 minute easy run/walk	Rest or Cross-train	50 min bike moderate/hilly	Rest or Cross-train	40 minute moderate run/walk	50 minute brick 35 minute bike - 15 minute run/walk	Rest
5	8/3/2009	30 minute easy run/walk	Rest or Cross-train	40 min bike moderate/hilly	Rest or Cross-train	30 minute moderate run/walk	60 min bike	Rest
6	8/10/2009	40 minute easy run/walk	Rest or Cross-train	50 min bike moderate/hilly	Rest or Cross-train	30 minute moderate run/walk	60 minute brick 10 min run/walk-40min bike-10 min run/walk	Rest
7	8/17/2009	30 minute easy run/walk	Rest or Cross-train	60 min bike moderate/hilly	Rest or Cross-train	40 minute moderate run/walk	70 minute brick 10 min run/walk-50 min bike-10 min run/walk	Rest
8	8/24/2009	30 minute easy run/walk	Rest or Cross-train	70 min bike moderate/hilly	Rest or Cross-train	40 minute moderate run/walk	80 minute brick 10 min run/walk-55 min bike-15 min run/walk	Rest
9	8/31/2009	20 minute easy run/walk	Rest or Cross-train	45 min bike moderate/hilly	Rest or Cross-train	30 minute moderate run/walk	60 min bike	Rest
10	9/7/2009	40 minute easy run/walk	Rest or Cross-train	60 min bike moderate/hilly	Rest or Cross-train	45 minute moderate run/walk	70 minute brick 10 min run/walk-50 min bike-10 min run/walk	Rest
11	9/14/2009	40 minute easy run/walk	Rest or Cross-train	60 min bike moderate/hilly	Rest or Cross-train	45 minute moderate run/walk	60 minute brick 10 min run/walk-50 minute bike-10 minute run/walk	Rest
12	9/21/2009	35 minute easy run/walk	Rest or Cross-train	50 minute easy bike	30 minute brick 20 min bike - 10 min run/walk	20 minute easy run/walk	Rest	DuWop