

	Monday 26-Aug-13	Tuesday 27-Aug-13	Wednesday 28-Aug-13	Thursday 29-Aug-13	Friday 30-Aug-13	Saturday 31-Aug-13	Sunday 01-Sep-13	Total
Bike				30 km Spin		25 km Spin		55 km
AM Run		5 km Easy				8 km Distance	20 km Long	43 km
PM Run			10 km Intervals					
Crosstrain	Core AM	Strength AM	Core AM	Strength AM	Core AM			
Notes	Roller		Roller		Roller			
	02-Sep-13	03-Sep-13	04-Sep-13	05-Sep-13	06-Sep-13	07-Sep-13	08-Sep-13	
Bike				30 km Spin		40 km Duathlon		70 km
AM Run		10 km Distance				10 km Duathlon	20 km Long	55 km
PM Run			10 km Intervals			5 km Duathlon		
Crosstrain	Core AM	Strength AM	Core AM	Strength AM	Core AM			
Notes	Roller		Roller		Roller	Esprit de Montréal		
	09-Sep-13	10-Sep-13	11-Sep-13	12-Sep-13	13-Sep-13	14-Sep-13	15-Sep-13	
Bike				30 km Spin		25 km Spin		55 km
AM Run		7 km Recovery			5 km Recovery		25 km Long	47 km
PM Run			10 km Easy Tempo					
Crosstrain	Core AM	Strength AM	Core AM	Strength AM	Core AM			
Notes	Roller		Roller		Roller			
	16-Sep-13	17-Sep-13	18-Sep-13	19-Sep-13	20-Sep-13	21-Sep-13	22-Sep-13	
Bike				30 km Spin		25 km Spin		55 km
AM Run		10 km Distance			5 km Easy	12 km Easy, hills	25 km Long/tempo	62 km
PM Run			10 km Intervals					
Crosstrain	Core AM	Strength AM	Core AM	Strength AM	Core AM			
Notes	Roller		Roller		Roller			
	23-Sep-13	24-Sep-13	25-Sep-13	26-Sep-13	27-Sep-13	28-Sep-13	29-Sep-13	
Bike				30 km Spin		25 km Spin		55 km
AM Run		12 km Distance			5 km Easy	12 km Easy	30 km Long	69 km
PM Run			10 km Intervals					
Crosstrain	Core AM	Strength AM	Core AM	Strength AM	Core AM			
Notes	Roller		Roller		Roller			
	30-Sep-13	01-Oct-13	02-Oct-13	03-Oct-13	04-Oct-13	05-Oct-13	06-Oct-13	
Bike				30 km Spin		25 km Spin		55 km
AM Run		7 km Recovery			5 km Recovery		33 km Long	55 km
PM Run			10 km Easy Tempo					
Crosstrain	Core AM	Strength AM	Core AM	Strength AM	Core AM			
Notes	Roller		Roller		Roller			
	07-Oct-13	08-Oct-13	09-Oct-13	10-Oct-13	11-Oct-13	12-Oct-13	13-Oct-13	
Bike				30 km Spin		25 km Spin		55 km
AM Run		12 km Distance			5 km Easy	15 km Easy, hills	25 km Long/tempo	67 km
PM Run			10 km Intervals					
Crosstrain	Core AM	Strength AM	Core AM	Strength AM	Core AM			
Notes	Roller		Roller		Roller			
	14-Oct-13	15-Oct-13	16-Oct-13	17-Oct-13	18-Oct-13	19-Oct-13	20-Oct-13	
Bike				30 km Spin		25 km Spin		55 km
AM Run		14 km Distance			5 km Easy	12 km Distance	21 km Race pace	62 km
PM Run			10 km Intervals					
Crosstrain	Core AM	Strength AM	Core AM	Strength AM	Core AM			
Notes	Roller		Roller		Roller		STWM Half	
	21-Oct-13	22-Oct-13	23-Oct-13	24-Oct-13	25-Oct-13	26-Oct-13	27-Oct-13	
Bike				30 km Spin		25 km Spin		55 km
AM Run		10 km Easy			5 km Easy		15 km Easy	40 km
PM Run			10 km Intervals					
Crosstrain	Core AM	Strength AM	Core AM	Strength AM	Core AM			
Notes	Roller		Roller		Roller			
	28-Oct-13	29-Oct-13	30-Oct-13	31-Oct-13	01-Nov-13	02-Nov-13	03-Nov-13	
Bike				30 km Spin				30 km
AM Run					5 km Easy		42 km Race	63 km
PM Run		8 km w/ strides	8 km Tempo					
Crosstrain	Core AM		Core AM		Core AM			
Notes	Roller		Roller		Roller		Hamilton Marathon	