|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Eli June Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/30 – 6/5 | 6 | 6 | 6 | 6 | 6 | 10 | OFF | 40 |
|  |  |  |  |  |  |  |  |  |
| 6/6 – 6/12 | 6 | 8/4 | 6 | 8 | 7 | 11 | OFF | 50 |
|  |  |  |  |  |  |  |  |  |
| 6/13 – 6/19 | 6 | 8/4 | 6 | 8/4 | 7 | 12 | 1hr (B) | 55 |
|  |  |  |  |  |  |  |  |  |
| 6/20 – 6/26 | 6 | 8/3 | 6 | 8  1hr (B) | 7 | 12 | OFF | 50 |
|  |  |  |  |  |  |  |  |  |

\*\* (B) means biking – run at practice, bike or add the short part of the double outside of practice, remember you can move things around a bit if needed

\*\*\* NUTRITION & SLEEP – make sure you are eating right, drinking plenty of water, and sleeping enough. To handle this work load you must be smart about the small things in order to recover. Stretch extra, take it easy on days you need to, ice baths, etc.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Eli July Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/27 – 7/3 | 7 | 9/4 | 7  1hr (B) | 9/4 | 7 | 13 | 1hr (B) | 60 |
|  |  |  |  |  |  |  |  |  |
| 7/4 – 7/10 | 7  1hr (B) | 9/4 | 7  1hr (B) | 9/4 | 7 | 13 | OFF | 60 |
|  |  |  |  |  |  |  |  |  |
| 7/11 – 7/17 | 6 | 8 | 6  1hr (B) | 8 | 6 | 11 | OFF | 45 |
|  |  |  |  |  |  |  |  |  |
| 7/18 – 7/24 | 7  1hr (B) | 9/4 | 7  1hr (B) | 9/3 | 7 | 14 | 1hr (B) | 60 |
|  |  |  |  |  |  |  |  |  |
| 7/25 – 7/31 | 7  1hr (B) | 9/4 | 7  1hr (B) | 9/3 | 7  1hr (B) | 14 | OFF | 60 |
|  |  |  |  |  |  |  |  |  |