

Periodization Chart									
Week	Week Begin	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Target
Week 38	9/18/2022	Off	Off	Off	Off	Off	5-10 miles	Off	5-10 miles
Week 37	9/25/2022	Off	Off	Off	Off	Off	5-10 miles	Off	5-10 miles
Week 36	10/2/2022	Off	Off	Off	Off	Off	5-10 miles	Off	5-10 miles
Week 35	10/9/2022	Off	Off	Off	Off	Off	5-10 miles	Off	5-10 miles
Week 34	10/16/2022	Off	Off	Off	Off	Off	10-18 miles	Off	10 - 18 miles
Week 33	10/23/2022	Off	Off	Off	Off	Off	15 miles	Off	15 miles
Week 32	10/30/2022	Off	Off	Off	Off	Off	18 miles	Off	18 miles
Week 31	11/6/2022	Off	Cross Train	Off	Cross Train	Off	10-18 miles	Off	10-18 miles
Week 30	11/13/2022	Off	Cross Train	Off	Cross Train	Off	15 miles	Off	15 miles
Week 29	11/20/2022	Off	Cross Train	Off	Cross Train	Off	20 miles	Off	20 miles
Week 28	11/27/2022	Off	Cross Train	Off	Cross Train	Off	15-20 miles	Off	15 - 20 miles
Week 27	12/4/2022	Off	Cross Train	Off	Cross Train	Off	15 miles	Off	15 miles
Week 26	12/11/2022	Off	Cross Train	Off	Cross Train	Off	20 miles	Off	20 miles
Week 25	12/18/2022	Off	Cross Train	Off	Cross Train	Off	25 miles	Off	25 miles
Week 24	12/25/2022	Off	Cross Train	Off	Cross Train	Off	25-50 miles	Off	25-50 miles
Week 23	1/1/2023	Off	Cross Train	Off	Cross Train	Off	25 miles	Off	25 miles
Week 22	1/8/2023	Off	Cross Train	Off	Cross Train	Off	30 miles	Off	30 miles
Week 21	1/15/2023	Off	Cross Train	Off	Cross Train	Off	35-40 miles	Off	35 - 40 miles

<b>Week 20</b>	1/22/2023	Off	Cross Train	Off	17-24 miles	Off	33-51 miles	Off	50 - 70 miles
<b>Week 19</b>	1/29/2023	Off	Cross Train	Off	17-24 miles	Off	25 miles	Off	42 miles
<b>Week 18</b>	2/5/2023	Off	Cross Train	Off	17-24 miles	Off	30 miles	Off	47 miles
<b>Week 17</b>	2/12/2023	Off	Cross Train	Off	17-24 miles	Off	40 miles	Off	57 miles
<b>Week 16</b>	2/19/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	41-52 miles	Off	75 - 100 miles
<b>Week 15</b>	2/26/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	26 miles	10 miles	70 miles
<b>Week 14</b>	3/5/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	36 miles	10 miles	80 miles
<b>Week 13</b>	3/12/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	46 miles	10 miles	90 miles
<b>Week 12</b>	3/19/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	56-67 miles	10 miles	100 - 125 miles
<b>Week 11</b>	3/26/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	35 miles	10 miles	79 miles
<b>Week 10</b>	4/2/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	55 miles	10 miles	99 miles
<b>Week 9</b>	4/9/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	65 miles	15 miles	114 miles
<b>Week 8</b>	4/16/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	75 miles	16-27 miles	125 - 150 miles
<b>Week 7</b>	4/23/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	45 miles	20 miles	99 miles
<b>Week 6</b>	4/30/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	65 miles	25 miles	124 miles
<b>Week 5</b>	5/7/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	75 miles	30 miles	139 miles
<b>Week 4</b>	5/14/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	85 miles	31-42 miles	150 - 175 miles
<b>Week 3</b>	5/21/2023	Off	17-24 miles	Cross Train	17-24 miles	Off	60 miles	Rest	94 miles
<b>Week 2</b>	5/28/2023	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
<b>Week 1</b>	<b>6/4/2023</b>	<b>82 miles</b>	<b>109 miles</b>	<b>63 miles</b>	<b>91 miles</b>	<b>43 miles</b>	<b>88 miles</b>	<b>70 miles</b>	<b>545</b>