



DIRTY 30 TRAINING PLAN



| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------|-----|-------------------------------|-----------|-------------------------------|-----|-----------------------|-------------|
| 1 | Off | 45 min w/10x1min RI (Up Hill) | Off | 45 min w/10x1min RI (Up Hill) | Off | 45 min ER | 45 min ER |
| 2 | Off | 45 min w/10x1min RI (Up Hill) | Off | 45 min w/10x1min RI (Up Hill) | Off | 45 min ER | 45 min ER |
| 3 | Off | 60 min w/3x8 min TR | Off | 60 min w/3x8 min TR | Off | 60 min ER | 60 min ER |
| 4 | Off | 30 min RR | Off | 30 min RR | Off | 60 min w/3x8 min TR | 60 min ER |
| 5 | Off | 60 min w/3x8 min TR | 30 min RR | 60 min w/3x8 min TR | Off | 90 min ER | 60 min ER |
| 6 | Off | 60 min w/3x10 min TR | 30 min RR | 60 min w/3x10 min TR | Off | 90 min ER | 90 min ER |
| 7 | Off | 60 min w/3x10 min TR | 30 min RR | 60 min w/3x10 min TR | Off | 90 min ER | 90 min ER |
| 8 | Off | 45 min RR | 30 min RR | 45 min RR | Off | 90 min w/3x15 min SSR | 90 min ER |
| 9 | Off | 60 min w/3x15 min SSR | 30 min RR | 60 min w/3x15 min SSR | Off | 2.5 Hour ER | 90 min ER |
| 10 | Off | 60 min w/3x15 min SSR | 30 min RR | 60 min w/3x15 min SSR | Off | 2.5 Hour ER | 90 min ER |
| 11 | Off | 60 min w/3x15 min SSR | 30 min RR | 60 min w/3x15 min SSR | Off | 2.5 Hour ER | 90 min ER |
| 12 - Peak Week | Off | 45 min RR | 30 min RR | 45 min RR | Off | 90 min w/3x20 min SSR | 2.5 Hour ER |
| 13 - Peak Week | Off | 60 min w/3x20 min SSR | 30 min RR | 60 min w/3x20 min SSR | Off | 3-4 Hour ER | 2.5 Hour ER |
| 14 - Peak Week | Off | 60 min w/3x20 min SSR | 30 min RR | 60 min w/3x20 min SSR | Off | 3-4 Hour ER | 2.5 Hour ER |
| 15 - Taper | Off | 60 min w/3x20 min SSR | 30 min RR | 45 min w/1x20 min SSR | Off | 60 min ER | 45 min ER |
| 16 - Taper/Race | Off | 45 min w/1x15 min SSR | 30 min RR | 30 min RR | Off | Dirty 30! | Off |

RR = RecoveryRun // ER = EnduranceRun // SSR = SteadyStateRun

TR = TempoRun // RI = RunningIntervals