



DOUBLE DIRTY 30 TRAINING PLAN



| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------|-----|-------------------------------|-------|-------------------------------|-----|-------------------------|-------------|
| Week 1 | Off | 45 min w/10x1min RI (Up Hill) | Off | 45 min w/10x1min RI (Up Hill) | Off | 60 min ER | 60 min ER |
| Week 2 | Off | 60 min w/6x2min RI (Up Hill) | Off | 60 min w/6x2min RI (Up Hill) | Off | 60 min ER | 60 min ER |
| Week 3 | Off | 60 min w/3x10 min TR | 45 RR | 60 min w/3x10 min TR | Off | 90 min ER | 60 min ER |
| Week 4 | Off | 60 min w/3x10 min TR | 45 RR | 60 min w/3x10 min TR | Off | 90 min ER | 90 min ER |
| Week 5 | Off | 75 min w/3x12 min TR | 45 RR | 75 min w/3x12 min TR | Off | 90 min ER | 90 min ER |
| Week 6 | Off | 75 min w/3x12 min TR | 45 RR | 75 min w/3x12 min TR | Off | 2 Hour ER | 90 min ER |
| Week 7 | Off | 60 min RR | 45 RR | 60 min RR | Off | 2.5 Hour w/3x20 min SSR | 2 Hour ER |
| Week 8 | Off | 90 min w/3x20 min SSR | 45 RR | 90 min w/2x20 min SSR | Off | 2.5 Hour ER | 2 Hour ER |
| Week 9 | Off | 90 min w/3x20 min SSR | 45 RR | 90 min w/2x20 min SSR | Off | 3 Hour ER | 2 Hour ER |
| Week 10 | Off | 90 min w/3x20 min SSR | 45 RR | 90 min w/2x20 min SSR | Off | 3 Hour ER | 2 Hour ER |
| Week 11 | Off | 60 min RR | 45 RR | 60 min RR | Off | 3 Hours w/3x30 min SSR | 2 Hour ER |
| Week 12 | Off | 2 Hours w/3x30 min SSR | 45 RR | 2 Hours w/2x30 min SSR | Off | 4-5 Hour ER | 2 Hour ER |
| Week 13 | Off | 2 Hours w/3x30 min SSR | 45 RR | 2 Hours w/2x30 min SSR | Off | 4-5 Hour ER | 2 Hour ER |
| Week 14 | Off | 90 min w/2x30 min SSR | 45 RR | 90 min w/2x30 min SSR | Off | 3 Hour ER | 2.5 Hour ER |
| Week 15 | Off | 90 min w/2x20 min SSR | 45 RR | 45 min w/1x20 min SSR | Off | 60 min ER | 45 min ER |
| Week 16 | Off | 45 min w/1x20 min SSR | 30 RR | 30 min RR | Off | Double Dirty 30! | Off |

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

TR = TempoRun // RI = RunningIntervals