

Sacramento Plan

Volume	Day	Day	Day
	TUESDAY	THURSDAY	SUNDAY
Level 1	September-01-09 Tempo	September-03-09 Strength	September-06-09 20km
Level 2	September-08-09 Tempo	September-10-09 Strength	September-13-09 24km
Level 3	September-15-09 Tempo	September-17-09 Strength	September-20-09 28km
Recovery	September-22-09 Tempo	September-24-09 Strength	September-27-09 20km
Level 1	September-29-09 Tempo	October-01-09 Fartlek	October-04-09 24km
Level 2	October-06-09 Tempo	October-08-09 Fartlek	October-11-09 28km
Level 3	October-13-09 Tempo	October-15-09 Fartlek	October-18-09 32km
Recovery	October-20-09 Tempo	October-22-09 Fartlek	October-25-09 20km
Level 1	October-27-09 Tempo	October-29-09 Intervals	November-01-09 28km
Level 2	November-03-09 Tempo	November-05-09 Intervals	November-08-09 32km
Level 3	November-10-09 Tempo	November-12-09 Intervals	November-15-09 35km
Taper	November-17-09 Tempo	November-19-09 Intervals	November-22-09 20km
Taper	November-24-09 Tempo	November-26-09 Intervals	November-29-09 10km
Taper	December-01-09 Tempo	December-03-09 Intervals	December-06-09 Race