

Portland / Victoria Plan

Volume	Day	Day	Day
Transition	TUESDAY May-11-10 Tempo	THURSDAY May-13-10 Pace	SUNDAY May-16-10 16km
Transition	May-18-10 Tempo	May-20-10 Pace	May-23-10 16km
Transition	May-25-10 Tempo	May-27-10 Pace	May-30-10 16km
Transition	June-01-10 Tempo	June-03-10 Pace	June-06-10 16km
Level 1	June-08-10 Tempo	June-10-10 Hills & Skills	June-13-10 16km
Level 2	June-15-10 Tempo	June-17-10 Hills & Skills	June-20-10 20km
Level 3	June-22-10 Tempo	June-24-10 Hills & Skills	June-27-10 24km
Recovery	June-29-10 Tempo	July-01-10 Hills & Skills	July-04-10 16km
Level 1	July-06-10 Tempo	July-08-10 Hills & Skills	July-11-10 20km
Level 2	July-13-10 Tempo	July-15-10 Hills & Skills	July-18-10 24km
Level 3	July-20-10 Tempo	July-22-10 Hills & Skills	July-25-10 28km
Recovery	July-27-10 Tempo	July-29-10 Hills & Skills	August-01-10 20km
Level 1	August-03-10 Tempo	August-05-10 Fartlek 4-on/1-off x 5	August-08-10 24km
Level 2	August-10-10 Tempo	August-12-10 Fartlek 5-on/1-off x 5	August-15-10 28km
Level 3	August-17-10	August-19-10	August-22-10

	Tempo	Fartlek 4-on/1-off x 6	32km
Recovery	August-24-10 Tempo	August-26-10 Fartlek 6-on/2-off x 3	August-29-10 20km
Level 1	August-31-10 Tempo	September-02-10 Intervals 1600 x 3	September-05-10 28km
Level 2	September-07-10 Tempo	September-09-10 Intervals 800 x 6	September-12-10 32km
Level 3	September-14-10 Tempo	September-16-10 Intervals 800 x 8	September-19-10 35km
Taper	September-21-10 Tempo	September-23-10 Intervals 1600 x 3	September-26-10 20km
Taper	September-28-10 Tempo	September-30-10 Intervals 1600 x 2	October-03-10 10km
Taper	October-05-10 Tempo	October-07-10 Intervals 1600 x 1	October-10-10 Race