

Portland Plan			
Volume	Day	Day	Day
Transition	TUESDAY May-05-09 Tempo	THURSDAY May-07-09 Pace	SUNDAY May-10-09 16km
Transition	May-12-09 Tempo	May-14-09 Pace	May-17-09 16km
Transition	May-19-09 Tempo	May-21-09 Pace	May-24-09 16km
Transition	May-26-09 Tempo	May-28-09 Pace	May-31-09 16km
Level 1	June-02-09 Tempo	June-04-09 Hills & Skills	June-07-09 18km
Level 2	June-09-09 Tempo	June-11-09 Hills & Skills	June-14-09 20km
Level 3	June-16-09 Tempo	June-18-09 Hills & Skills	June-21-09 24km
Recovery	June-23-09 Tempo	June-25-09 Hills & Skills	June-28-09 18km
Level 1	June-30-09 Tempo	July-02-09 Hills & Skills	July-05-09 20km
Level 2	July-07-09 Tempo	July-09-09 Hills & Skills	July-12-09 24km
Level 3	July-14-09 Tempo	July-16-09 Hills & Skills	July-19-09 28km
Recovery	July-21-09 Tempo	July-23-09 Hills & Skills	July-26-09 20km
Level 1	July-28-09 Tempo	July-30-09 Fartlek	August-02-09 24km

Level 2	August-04-09 Tempo	August-06-09 Fartlek	August-09-09 28km
Level 3	August-11-09 Tempo	August-13-09 Fartlek	August-16-09 32km
Recovery	August-18-09 Tempo	August-20-09 Fartlek	August-23-09 20km
Level 1	August-25-09 Tempo	August-27-09 Intervals	August-30-09 28km
Level 2	September-01-09 Tempo	September-03-09 Intervals	September-06-09 32km
Level 3	September-08-09 Tempo	September-10-09 Intervals	September-13-09 35km
Taper	September-15-09 Tempo	September-17-09 Intervals	September-20-09 20km
Taper	September-22-09 Tempo	September-24-09 Intervals	September-27-09 10km
Taper	September-29-09 Tempo	October-01-09 Intervals	October-04-09 Race