**CIRQUE 6 HOUR**

**“EASY” TRAINING PLAN**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total | H/L |
| 2/16 | -- | 4 | 3 – \*T1 | 5 | -- | 8 | 4 | 24 | HIGH |
| 2/23 | -- | 4 | 3 – \*T1 | 5 | -- | 10 | 4 | 24 | HIGH |
| 3/2 | -- | 4 | – | 4 | -- | 4 | 4 | 16 | LOW |
| 3/9 | -- | 4 | 4 -- \*T2 | 4 | -- | 12 | 4 | 28 | HIGH |
| 3/16 | -- | 4 | 4 -- \*T2 | 4 | -- | 14 | 5 | 31 | HIGH |
| 3/23 | -- | 5 | – | 5 | -- | 5 | 5 | 20 | LOW |
| 3/30 | -- | 5 | 4 -- \*T2 | 5 | -- | 16 | 6 | 36 | HIGH |
| 4/6 | -- | 5 | 4 -- \*T2 | 5 | -- | 18 | 6 | 38 | HIGH |
| 4/13 | -- | 6 | – | 6 | -- | 6 | 6 | 24 | LOW |
| 4/20 | -- | 6 | 5 -- \*T3 | 6 | -- | 20 | 7 | 44 | HIGH |
| 4/27 | -- | 6 | 5 -- \*T3 | 6 | -- | 22 | 7 | 46 | HIGH |
| 5/4 | -- | 6 | – | 6 | -- | 7 | 7 | 26 | LOW |
| 5/11 | -- | 6 | 5 – \*T3 | 6 | -- | 24 | 9 | 50 | HIGH |
| 5/18 | -- | 6 | 5 – \*T3 | 6 | -- | 24 | 9 | 50 | HIGH |
| 5/25 | -- | 6 | – | 6 | -- | 9 | 9 | 30 | LOW |
| 6/1 | -- | 6 | 6 – \*T4 | 6 | -- | 26 | 10 | 55 | HIGH |
| 6/8 | -- | 6 | 6 – \*T4 | 6 | -- | 26 | 10 | 54 | HIGH |
| 6/15 | -- | 6 | 6 – \*T4 | 6 | -- | 10 | 10 | 38 | TAPER |
| 6/22 | -- | 4 | -- | 6 | -- | 10 | -- | 20 | RAPER |
| 6/29 | 4 – easy | -- | 2 – easy | -- | -- | 100 | -- | 105 | RACE |

**CIRQUE 6 HOUR**

**“ADVANCED” TRAINING PLAN**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total | H/L |
| 2/16 | -- | 4 | 6 – \*T4 | 4 | -- | 10 | 6 | 30 | HIGH |
| 2/23 | -- | 4 | 6 – \*T4 | 4 | -- | 12 | 6 | 32 | HIGH |
| 3/2 | -- | 4 | -- | 4 | -- | 6 | 4 | 18 | LOW |
| 3/9 | -- | 5 | 7 – \*T5 | 5 | -- | 14 | 7 | 38 | HIGH |
| 3/16 | -- | 5 | 7 – \*T5 | 5 | -- | 16 | 7 | 40 | HIGH |
| 3/23 | -- | 5 | -- | 5 | -- | 7 | 6 | 22 | LOW |
| 3/30 | -- | 6 | 8 – \*T6 | 6 | -- | 18 | 8 | 46 | HIGH |
| 4/6 | -- | 6 | 8 – \*T6 | 6 | -- | 20 | 8 | 48 | HIGH |
| 4/13 | -- | 6 | 8 – \*T6 | 6 | -- | 22 | 8 | 50 | HIGH |
| 4/20 | -- | 7 | -- | 7 | -- | 9 | 9 | 32 | LOW |
| 4/27 | -- | 7 | 9 – \*T7 | 7 | -- | 24 | 9 | 56 | HIGH |
| 5/4 | -- | 7 | 9 – \*T7 | 7 | -- | 26 | 9 | 58 | HIGH |
| 5/11 | -- | 7 | 9 – \*T7 | 7 | -- | 28 | 9 | 60 | HIGH |
| 5/18 | -- | 8 | -- | 8 | -- | 10 | 10 | 36 | LOW |
| 5/25 | -- | 8 | 10 – \*T8 | 8 | -- | 30 | 10 | 66 | HIGH |
| 6/1 | -- | 8 | 10 – \*T8 | 8 | -- | 30 | 10 | 66 | HIGH |
| 6/8 | -- | 8 | 10 – \*T8 | 8 | -- | 30 | 10 | 66 | HIGH |
| 6/15 | -- | -- | 10 – \*T8 | 8 | -- | 10 | 10 | 40 | TAPER |
| 6/22 | -- | 4 | -- | 6 | -- | 10 | -- | 20 | RAPER |
| 6/29 | 4 – easy | -- | 2 – easy | -- | -- | 100 | -- | 105 | RACE |