

PT4EB Dopey Training

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
26	R	R	R	R	R	10	R	10.0
25	4	X	3	R	4	10	R	21.0
24	4	X	3	R	4	10	R	21.0
23	4	X	3	R	4	11	R	22.0
22	6	X	3	R	4	12	R	25.0
21	6	X	3	R	4	13	R	26.0
20	6	X	3	R	4	14	R	27.0
19	8	X	3	R	4	11	R	26.0
18	8	X	3	3	4	15	R	33.0
17	8	X	3	R	4	16	R	31.0
16	8	X	3	3	4	17	R	35.0
15	8	X	3	R	4	18	R	33.0
14	5	R	3	3	4	13	R	28.0
13	6	X	3	R	5	17	R	31.0
12	5	R	3	3	5	18	R	34.0
11	6	X	3	R	6	20	R	35.0
10	5	R	3	3	6	16	R	33.0
9	6	X	3	R	5	13	R	27.0
8	5	R	3	4	7	20	R	39.0
7	6	X	3	R	7	17	R	33.0
6	5	R	3	5	8	17	R	38.0
5	6	X	3	R	9	15	R	33.0
4	5	R	3	6	10	21	R	45.0
3	3	X	3	R	7.5	17	R	30.5
2	3	X	3	R	5	16	R	27.0
1	3	X	R	R	2.5	12	R	17.5
0	2	R	R	3.1	6.2	13.1	26.2	50.6

X: 30 minutes of cross training: Elliptical, walking, cycling, swimming

Grand Total: 811.6

R: Rest or cross training based on what your body needs