

12 weeks To Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout	Plyometrics	T. Mill 60 minutes 4000 vertical gain weights Arms	T. Mill 6000 foot elevation gain in 1 hour 30 minute with a 15 pound pack. Short run with pack 1 mile.	Bike 1:45 Hill Repeats: About 3000 elevation gain. Disappointing on the elevation gain, but that is all we have here.	Off	Ran 13 miles with a full pack around 15 pounds and trekking poles.  Rowed for one hour on rowing machine
	Treadmill 3000 ft vertical gain in 40 minutes Bike 30 minutes simulating Long Hill	Bike 30 minutes Hill Route Bike at park 20 minutes technical				
Result						I am super tight from this workout in my back. My legs are great. I think it must have been the addition of the trekking poles.

#### GOAL FOR NEXT WEEK

11 weeks To Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout 1	Treadmill 2500 ft vertical gain in 30 minutes	T. Mill 45 minutes 4200 vertical gain	T. Mill 9000 foot elevation gain in 2 hour 15 minute with a 15 pound pack. Short run with pack 2 miles. Plyometrics	Bike Ride 50 miles road or mtb may change days as son has recitation.	Run 14 miles no pack for recovery  Kayak 2-4 hours	Bike 2:00 Hill Repeats: About 3500 elevation gain.  Treadmill 2500 ft vertical gain in 30 minutes  Row 30 minutes
	45 minutes Row/Weights with arms Bike 90 minutes either hill route or technical or both depends on weather	Bike 60 Technical  Row 30 minutes				