

## luluRun - 2014 Ottawa 1/2 Mara Training Plan - Phase 1, 7 weeks

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	06-Jan	07-Jan	08-Jan	09-Jan	10-Jan	11-Jan	12-Jan
1 Base 1	OFF Crossfit Strength	Run: 30 min @Z1	Crossfit Rest Strength	Run: 30 min @Z1	OFF	luluRun: 50 min ZR	Crossfit/Strength Yoga Rest
	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
2 Base 1	Crossfit OFF Strength	Run: 30 min @Z1	Crossfit Rest Strength	Run: 30 min @Z1	OFF	luluRun: 50 min @Z1	Crossfit/Strength Yoga Rest
	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
3 Base 1	Crossfit Yoga Strength	Run: 35 min @Z1	Crossfit Rest Strength	Run: 35 min ZR	OFF	lulu Run: 50 min @Z1	Crossfit/Strength Yoga Rest
	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	01-Feb	02-Feb
4 Base 1	Crossfit Yoga Strength	Run: 35 min @Z1	Crossfit Rest Strength	Run: 35 min @Z1	OFF	luluRun: 55 min ZR	End:PreBase 1 Crossfit/Strength Yoga/Rest
	03-Feb	04-Feb	05-Feb	06-Feb	07-Feb	08-Feb	09-Feb
5 Base 2	Crossfit Yoga Strength	Run: 40 min @Z1	Crossfit Rest Strength	Run: 35 min ZR	OFF	luluRun: 60min @Z1	Crossfit/Strength Yoga Rest
	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
6 Base 2	Crossfit Yoga Strength	Run: 40 min @Z1	Crossfit Rest Strength	Run: 35 min Z1	OFF	luluRun: 60 min @Z1	Crossfit/Strength Yoga Rest
	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
7 Base 2	Crossfit Yoga Strength	Run: 40 min @Z1	Crossfit Rest Strength	Run: 45 min ZR	OFF	luluRun WEST: 65min 11K-Centennial	luluRun EAST: 65min 11k-Mt Royal