

MOOSE ON THE LOOSE

TRAINING PLAN

DEC 18	DEC 19	DEC 20	DEC 21	DEC 22	DEC 23	DEC 24
1 MILE	REST	1 MILE	REST	1 MILE	REST	1 MILE
DEC 25	DEC 26	DEC 27	DEC 28	DEC 29	DEC 30	DEC 31
REST	1.5 MILES	REST	1.5 MILES	REST	2 MILES	REST
JAN 1	JAN 2	JAN 3	JAN 4	JAN 5	JAN 6	JAN 7
2 MILES	REST	2.5 MILES	REST	2.5 MILES	REST	2.5 MILES
JAN 8	JAN 9	JAN 10	JAN 11	JAN 12	JAN 13	JAN 14
REST	3 MILES	REST	3.5 MILES	REST	2 MILES	REST
JAN 15	JAN 16					
REST	RACE DAY!					