



	volume	intensity	Mode	AMICA MARATHON
Monday, August 02, 2010	2	7	speed	
Monday, August 09, 2010	3	6	threshold	
Monday, August 16, 2010	4	5	sub threshold	
Monday, August 23, 2010	5	4	high endurance	5K RACE
Monday, August 30, 2010	6	3	above threshold/race	
Monday, September 06, 2010	7	2	endurance	
Monday, September 13, 2010	8	1	low endurance	
Monday, September 20, 2010	4	5	threshold	5K RACE
Monday, September 27, 2010	3	6	above threshold/race	
Monday, October 04, 2010	2	7	speed/taper	
Monday, October 11, 2010	1	1	taper	AMICA MARATHON

Volume and intensity based on a scale from 1-8, where 1 is the lowest volume and highest intensity and 8 is the highest volume and lowest intensity. Even if you have more time to train on a given week, low volume weeks are done at high intensity, thus you need more time to recover. You should be able to perform at the given intensity given for each specific workout. If not back off with your volume.

FREQUENCY OF WORKOUTS OVER VOLUME PER WORKOUTS