

| | Sun | Mon | Tues | Wed | Thurs | Fri | Sat | Total Mi |
|---------|------|-----|----------|-----|----------|------|-----------------|----------|
| Week 1 | Rest | 3 | Strength | 3 | Strength | Rest | 3 | 9 |
| Week 2 | Rest | 3 | Strength | 3 | Strength | Rest | 4 | 10 |
| Week 3 | Rest | 3 | Strength | 3 | Strength | Rest | 5 | 11 |
| Week 4 | Rest | 4 | Strength | 3 | Strength | Rest | 6 | 13 |
| Week 5 | Rest | 4 | Strength | 3 | Strength | Rest | 7 | 14 |
| Week 6 | Rest | 5 | Strength | 4 | Strength | Rest | 6 | 15 |
| Week 7 | Rest | 5 | Strength | 3 | Strength | Rest | 8 | 16 |
| Week 8 | Rest | 4 | Strength | 3 | Strength | Rest | 10 | 17 |
| Week 9 | Rest | 4 | Strength | 4 | Strength | Rest | 11 | 19 |
| Week 10 | Rest | 3 | Strength | 3 | Rest | Rest | Race day (13.1) | 19.1 |