2017 Fit Plus Training Plans

Date	San Diego 1/2	Encinitas 1/2	La Jolla 1/2	Beach & Bay 1/2	RNR 1/2	RNR Full	AFC 1/2
2/4/17	8-10 miles	8-10 miles	8-10 miles	8-10 miles	8-10 miles	8-10 miles	
2/11/17	10-12 miles	10-12 miles	8-10 miles	8-10 miles	8-10 miles	10-12 miles	
2/18/17	10-12 miles	10-12 miles	10-12 miles	8-10 miles	8-10 miles	12-14 miles	
2/25/17	12-14 miles	8-10 miles	10-12 miles	8-10 miles	8-10 miles	10-12 miles	
3/4/17	8 miles	10-12 miles	8-10 miles	10-12 miles	8-10 miles	12-14 miles	
3/11/17	Race weekend	12-14 miles	10-12 miles	8-10 miles	8-10 miles	14-16 miles	
3/18/17		8 miles	10-12 miles	10-12 miles	10-12 miles	12-14 miles	
3/25/17		Race weekend	8-10 miles	10-12 miles	8-10 miles	14-16 miles	
4/1/27			10-12 miles	8-10 miles	10-12 miles	16-18 miles	
4/8/17			12-14 miles	10-12 miles	10-12 miles	12-14 miles	
4/15/17			8 miles	10-12 miles	8-10 miles	16-18 miles	
4/22/17			Race weekend	8-10 miles	10-12 miles	18-20 miles	
4/29/17				10-12 miles	10-12 miles	12-14 miles	
5/6/17				12-14 miles	8-10 miles	16-18 miles	
5/13/17				8 miles	10-12 miles	20-22 miles	
5/20/17				Race weekend	12-14 miles	12-14 miles	
5/27/17					8 miles	8-10 miles	8-10 miles
6/3/17					Race weekend	Race weekend	10-12 miles
6/10/17							8-10 miles
6/17/17							10-12 miles
6/24/17							10-12 miles
7/1/17							8-10 miles
7/8/17							10-12 miles
7/15/17							10-12 miles
7/22/17							8-10 miles
7/29/17							10-12 miles
8/5/17							12-14 miles
8/12/17							8 miles
8/19/17							Race weekend