



R U N E L I T E

Triphasic Model Training Templates

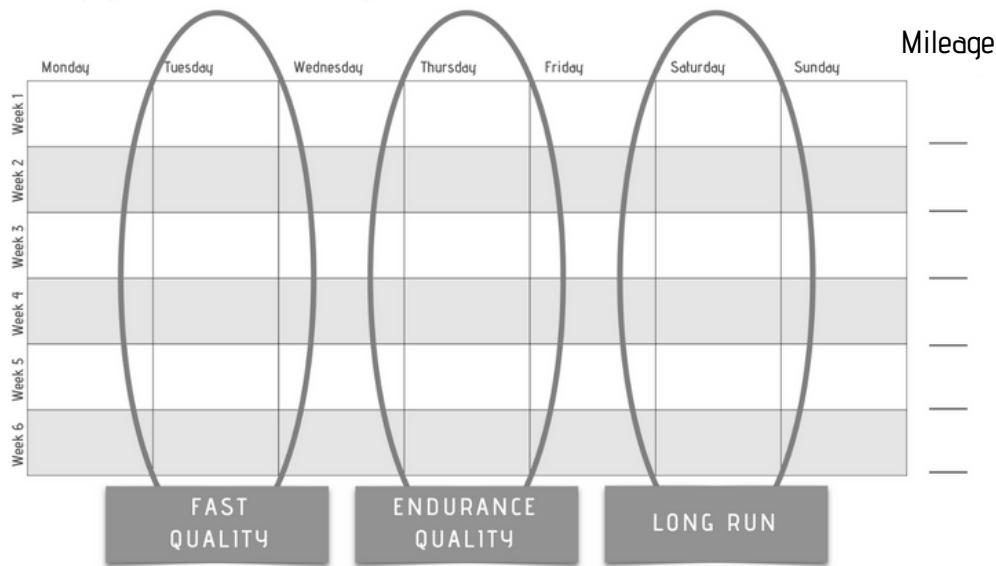
Base Training

	Mileage						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							

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Support Training



Specific Training

