



R U N E L I T E

Triphasic Model Training Templates

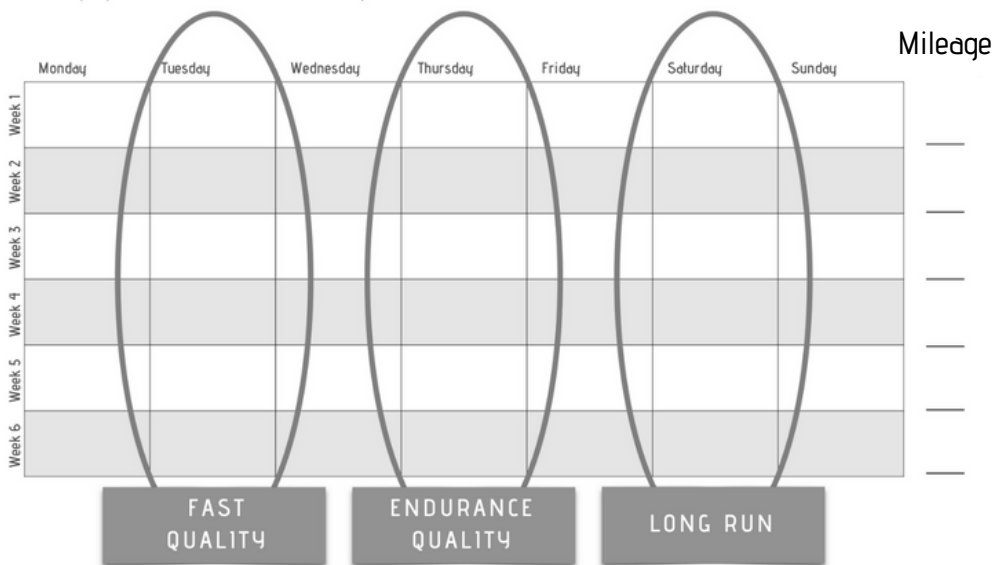
Base Training

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

