

SARA'S TRAINING SCHEDULE 2017, marathon build-up

	Tues	Weds	Thurs	Fri	Sat	Sun	Mon		
Jul 25	OS	4	OS	9		OS	15	28	
Aug 1	OS	4	OS	9		OS	16	29	
Aug 8	OS	5	OS	10		TRI:	18	33	Y TRI with ROSIE 200S/7.5B/1R
Aug 15	OS	5	OS	6		12	OS	23	
Aug 22	OS	5	OS	10		OS	20	35	OPEN SWIM CLASSIC!
Aug 29		5		6			12	35	
Sept 4		5		10			20	35	
	Mon	Tues	Weds	Thurs	Fri	Sa	Sun		
Sept 11	20		5		8		12	25	
Sept 18	rest	4	6		rest		8	18	
Sept 25	rest	3	3	rest	rest	2	26.2	34.2	