



Genesis Winter Series

| Week | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-----------|----------------------|-----|------------------------------------|----------------|--------|----------------|----------------|
| 1 | 30 min | Off | 30 min | 20 min | 30 min | off or x train | Off |
| 2 | Winter Series 5k | Off | 20 min | off or x train | 30 min | Off | off or x train |
| 3 | 45-50 minutes | Off | 40 min | 25 min | 35 min | off or x train | off or x train |
| 4 | 60 min | Off | 45 min | 30 min | 40 min | off or x train | off or x train |
| 5 | 70 min | Off | 45 min | 30 min | 45 min | off or x train | off or x train |
| 6 | MAF Test | Off | 50 min | 35 min | 45 min | off or x train | Off |
| 7 | Winter Series 8k | Off | 20 min | off or x train | 40 min | Off | off or x train |
| 8 | 80 min | Off | 50 min | 40 min | 50 min | off or x train | off or x train |
| 9 | 60 min | Off | 50 min (20 min pace run) | 40 min | 50 min | off or x train | off or x train |
| 10 | 40 min | Off | 30 minutes (10 min pace run) | 20 min | 30 min | off or x train | off or x train |
| 11 | Winter Series 10K | Off | 20 min | off or x train | 30 min | Off | off or x train |



**All runs excluding pace runs and races are to be run at or below your MAF
(Maximum Aerobic Function) number.**

MAF number = (180 – age) bpm

<https://philmaffetone.com/180-formula/>