



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 or MAF Test	Off	45 min	30 min	45 min	off or x train	off or x train
6	Winter Series 8k	Off	20 min	off or x train	40 min	Off	off or x train
7	80 min	Off	50 min	40 min	50 min	off or x train	off or x train
8	60 min	Off	50 min (20 min pace run)	40 min	50 min	off or x train	off or x train
9	40 min	Off	30 minutes (10 min pace run)	20 min	30 min	off or x train	off or x train
10	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/>

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