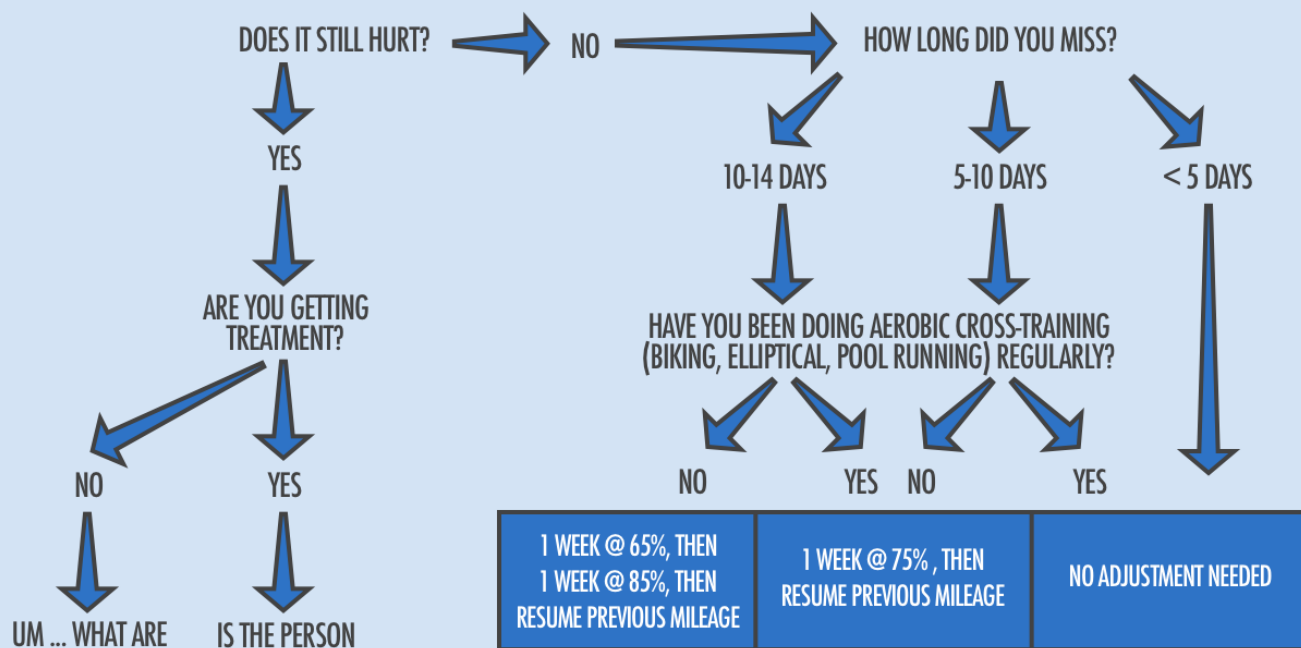
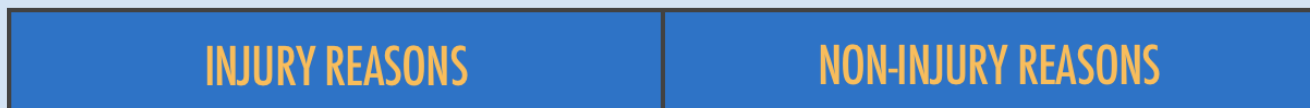


HOW TO ADJUST FOR MISSED TRAINING TIME



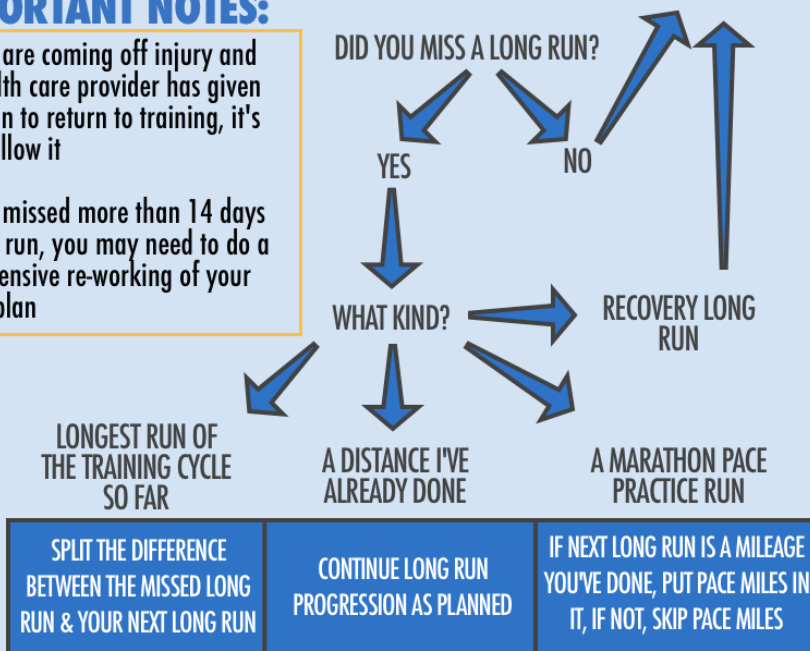
By Coach Carl; RunningCoachCarl.com

WHY DID YOU MISS TRAINING?



IMPORTANT NOTES:

- If you are coming off injury and your health care provider has given you a plan to return to training, it's best to follow it
- If you missed more than 14 days or 1 long run, you may need to do a fairly extensive re-working of your training plan



MILEAGE

LONG RUN