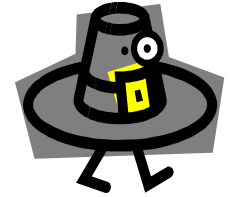


# October 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 20 min. walk/run	2 Rest	3 25 min. walk/run
25 min. walk/Run Rest Week 3	5 25 min. walk/run	6 25 min. walk/run	7 Rest	8 30 min. walk/run	9 Rest	10 Riverbank Cheese and Wine 5K
11 Rest Week 4	12 Columbus Day 30 min. walk/run	13 30 min. walk/run	14 Rest	15 35 min. walk/run	16 Rest	17 35 min. walk/run
18 Rest Week 5	19 35 min. Run/walk	20 35 min. Run/walk	21 Rest	22 35 min. Run/walk	23 Rest	24 35 min. Run/walk
25 Rest Week 6	26 35 min. Run/walk	27 35 min. Run/walk	28 Rest	29 35 min. Run/walk	30 Rest	31 Halloween 5k or 10 k Fun Run

# November 2009



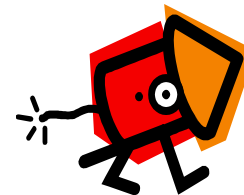
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Rest Week 7	2 Run 20 min.	3 Run 20 min	4 Rest	5 Run 20 min	6 Rest	7 Run 20 min Run 40 min Int.
8 Rest Week 8	9 Run 25 min	10 Run 25 min	11 Veterans Day Rest	12 Run 25 min	13 Rest	14 Run 25 min Run 50 minutes Int.
15 Rest Run 30 min Int. Week 9	16 Run 25 min	17 Run 30 min	18 Rest	19 Run 25 min	20 Rest	21 Run 40 min Run 60 min Int.
22 Rest Week 10	23 Run 25 min	24 Run 20 min	25 Rest	26 Thanksgiving Turkey trot Run 25 min	27 Rest	28 Run 30 min Run 80 minutes Int.
29 Rest Run 30 min Int. Week 11	30 3 miles X-rain 30 min/ yoga					

# December 2009



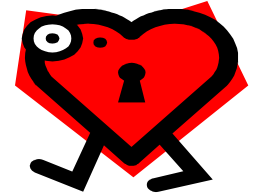
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 4 miles 4x2 minute inter- vals Int.	2 Rest	3 3 miles	4 Rest	5 4 miles 1/2 6 miles Beg. 8 miles Int.
6 Rest Week 12	7 3 miles x train 30 min/ yoga	8 4 miles 2x1mile reps Int.	9 Rest	10 3 miles	11 Rest	12 4 miles 1/2 6 miles Beg 8 miles Int.
13 Rest 6 Miles Int. Week 13	14 3 miles x train 30 min/ yoga	15 4 miles	16 Rest	17 3 miles Tempo Int.	18 Rest	19 5 miles 1/2 7 miles Beg. 10 Miles Int.
20 Rest Week 14	21 Winter Break Starts 3 miles x train 30 min/ yoga	22 5 miles 4x400 Int.	23 Rest	24 3 miles	25 Christmas Rest s	26 5 miles 1/2 8 miles Beg. 12 miles Int.
27 Rest 4 miles Int. Week 15	28 3 miles X-rain 30 min/ yoga	29 5 miles 3x1 mile rep. Int.	30 Rest	31 New Year's Eve Winter Break ends 3 miles		

# January 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day  Rest	2 Flat Arch 6 miles 1/2 10 miles Beg. 14 miles Int.
3 Rest  Week 16	4 4 miles x train 40 min/ yoga	5 5 miles 4x400 Int.	6 Rest	7 4 miles	8 Rest	9 6 miles 1/2 8 miles Beg. 12 miles Int.
10 Rest 4 miles Int. Week 17	11 4 miles x train 40 min/ yoga	12 6 miles	13 Rest	14 4 miles 2 of the 4 tempo	15 Rest	16 8 mi 1/2 12 Miles Beg. 18 miles Int.
17 Rest  Week 18	18 Martin Luther King 4 miles or x train 40 min/ yoga	19 6 miles 3x 1 mile rep Int.	20 Rest	21 4 miles	22 Rest	23 6 mi 1/2 10 miles Beg & Int.
24 Rest 6 miles Int. Week 19	25 4 miles x train 40 min/ yoga	26 7 miles 6x 400 Int.	27 Rest	28 4 miles	29 Rest	30 8 miles 1/2 12 miles Beg. 16 miles Int.
31 Rest  Week 20						

# February 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  5 miles or x train 50 min /	2  6 miles 8 miles Int.	3  Rest	4  5 miles 3 of the 5 tempo Int.	5  Rest	6 8 miles 1/2 14 miles Beg. 20 miles Int.
7 Super Sunday Relay Run 2 miles  Week 21	8  5 miles or x train 50 min/ yoga	9  6 miles 4x1 mile rep	10  Rest	11  5 miles	12 Lincoln's Day  Rest	13 Don Osborne 5k or 1 mile Race.
14 10 miles 1/2 18 miles Beg 20 miles Int. Week 22	15 President's Day  5 miles or x train 50 min/	16  6 miles	17  Rest	18  5 miles 8 miles Int. 3 of the 8 tempo	19  Rest	20 8 miles 1/2 m 14 miles Beg 10 mi Int
21  Rest 8 miles Int.  Week 23	22  5 miles or x train 50 min/	23  6 miles 4x800 Int.	24  Rest	25  5 miles	26  Rest	27  Almond Blossom 1 mile or 8k Tempo optional
28 12 1/2 m. 20 miles Beg 22-24 Int. Walk Breaks Week 24						

# March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  5 miles or x train 50 min/	2  6 miles 4x1 mi Speed Int.	3  Rest	4  5 miles	5  Rest	6  10 miles Beg & 1/2 14 miles Int.
7 6 miles Int. Rest  Week 25	8  3 miles or x train 30 min/	9  5 miles 6x2 min pick ups	10  Rest	11  3 miles	12  Rest	13  8 miles Beg & 1/2 10 miles Int.
14  Rest  Week 26	15  3 miles or x train 30 min/	16  3 miles 30 sec. pick ups	17  Rest	19  X-train/yoga 20 min	19  Rest	19  Walk or jog 2miles
21  Marathon	22	23	24	25	26	27
28	29	30	31			