

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
	2	3	4	5	6	7	8	
Mileage	6.5	10.5	11.5	12.5	11.5	9.0	4.0	66
Minutes	45.0	75.0	80.0	90.0	80.0	58.0	33.0	461
Week 10	45' easy	75' LSD Felt pretty good besides calves still tight from race	am= 60' w. 2x12'tempo 3'R btw.	am= 60' steady weights/plyos. Felt strong. pm= 30' recov.	am= 60' w/ 8x3'H/1'E Ran them moderately hard. Pretty tired today. pm= 20' easy	58' easy run + weights plyos. Felt really tired.	15' easy, 10x20" hills 1st 5 @ med. w/ 60" R 2nd 5 hard w/ 90"R, 10'wd	
	9	10	11	12	13	14	15	
Mileage	12.0	12.0	11.5	10.5	12.5	14.0	0.0	73
Minutes	85.0	85.0	80.0	70.0	90.0	100.0	0.0	510
Week 11	85' LSD. First half felt tired, but got into it.	am= 20'easy pm= 20'wu, 3 x 7'H/2'E, 15'wd plyos, strides on indoor track. Felt okay.	am= 60' mod run w/ matrix. pm= 20' easy Tired legs.	am= no run b/c too icy. pm= 20'wu, 8x3'H/ 1'E, 20'wd, drills plyos, diags.	am= 30' easy + matrix/weights pm= 60' mod. Felt really tired.	am= 30' easy Felt a bit better than last night. pm= 20'wu, 20'tempo, 5'jog 3x70" hills w/2'R jog back, plyos 15'wd. Felt pretty good on tempo	off day - need it mentally and physically. Training has been pretty good, but feel high mileage weeks easier mentally w/ rest day	
	16	17	18	19	20	21	22	
Mileage	10.0	14.0	14.0	14.0	0.0	8.0	13.5	74
Minutes	73.0	98.0	100.0	100.0	0.0	58.0	95.0	524
Week 12	Ran 40' in huge snow storm, but finished 33' on treadmill.	am = 30' easy pm = 30'wu w/ 5'tempo Indoor track: w/ 90"R/ 800m jog btw sets: 74" down to 70", 6x fast diags, 17wd.	am= matrix 100' LSD. Tough in wind/cold, but kept pace honest.	am = 30' easy pm= 20'wu, 2x12'tempo/3'E 5'jog, 4 x 70"hill/jog down (2.5') 15'wd + plyos.	off day a bit sick.	58' easy + matrix/weights Still feeling a bit weak, but much better	am= 20'wu, 12x2H/1'E, 20'wd w/ 6 x strides. plyos. pm= 22'easy	