

## Advanced I 2010 Training

Week	Mon			Tue			Wed			Thu			Fri			Sat			Sun			Wkly Total	
	Miles	Actual	Type	Miles	Actual	Type	Miles	Actual	Type	Miles	Actual	Type	Miles	Actual	Type	Miles	Actual	Type	Miles	Actual	Type	Plan	Actual
18	Mon 07-Jun			Tue 08-Jun			Wed 09-Jun			Thu 10-Jun			Fri 11-Jun			Sat 12-Jun			Sun 13-Jun			24	
	3		run	3		hill	3		run	30min		tempo	0		rest	5		pace	10		long		
17	Mon 14-Jun			Tue 15-Jun			Wed 16-Jun			Thu 17-Jun			Fri 18-Jun			Sat 19-Jun			Sun 20-Jun			25	
	3		run	30min		tempo	3		run	3		pace	0		rest	5		run	11		long		
16	Mon 21-Jun			Tue 22-Jun			Wed 23-Jun			Thu 24-Jun			Fri 25-Jun			Sat 26-Jun			Sun 27-Jun			24	
	3		run	4		800	3		run	30min		tempo	0		rest	6		pace	8		long		
15	Mon 28-Jun			Tue 29-Jun			Wed 30-Jun			Thu 01-Jul			Fri 02-Jul			Sat 03-Jul			Sun 04-Jul			29	
	3		run	4		hill	3		run	35min		tempo	0		rest	6		pace	13		long		
14	Mon 05-Jul			Tue 06-Jul			Wed 07-Jul			Thu 08-Jul			Fri 09-Jul			Sat 10-Jul			Sun 11-Jul			30	
	3		run	35min		tempo	3		run	3		pace	0		rest	7		run	14		long		
13	Mon 12-Jul			Tue 13-Jul			Wed 14-Jul			Thu 15-Jul			Fri 16-Jul			Sat 17-Jul			Sun 18-Jul			28	
	3		run	5		800	3		run	35min		tempo	0		rest	7		pace	10		long		
12	Mon 19-Jul			Tue 20-Jul			Wed 21-Jul			Thu 22-Jul			Fri 23-Jul			Sat 24-Jul			Sun 25-Jul			36	
	3		run	5		hill	4		run	40min		tempo	0		rest	8		pace	16		long		
11	Mon 26-Jul			Tue 27-Jul			Wed 28-Jul			Thu 29-Jul			Fri 30-Jul			Sat 31-Jul			Sun 01-Aug			35	
	3		run	40min		tempo	4		run	3		pace	0		rest	8		run	17		long		
10	Mon 02-Aug			Tue 03-Aug			Wed 04-Aug			Thu 05-Aug			Fri 06-Aug			Sat 07-Aug			Sun 08-Aug			34	
	3		run	6		800	4		run	40min		tempo	0		rest	9		pace	12		long		
9	Mon 09-Aug			Tue 10-Aug			Wed 11-Aug			Thu 12-Aug			Fri 13-Aug			Sat 14-Aug			Sun 15-Aug			41	
	3		run	6		hill	4		run	45min		tempo	0		rest	9		pace	19		long		
8	Mon 16-Aug			Tue 17-Aug			Wed 18-Aug			Thu 19-Aug			Fri 20-Aug			Sat 21-Aug			Sun 22-Aug			43	
	4		run	45min		tempo	5		run	4		pace	0		rest	10		run	20		long		
7	Mon 23-Aug			Tue 24-Aug			Wed 25-Aug			Thu 26-Aug			Fri 27-Aug			Sat 28-Aug			Sun 29-Aug			34	
	4		run	7		800	5		run	45 min		tempo	0		rest	6		pace	12		long		
6	Mon 30-Aug			Tue 31-Aug			Wed 01-Sep			Thu 02-Sep			Fri 03-Sep			Sat 04-Sep			Sun 05-Sep			46	
	4		run	7		hill	5		run	50 min		tempo	0		rest	10		pace	20		long		
5	Mon 06-Sep			Tue 07-Sep			Wed 08-Sep			Thu 09-Sep			Fri 10-Sep			Sat 11-Sep			Sun 12-Sep			27	
	5		run	45min		tempo	5		run	5		pace	0		rest	0		rest	12		long		
4	Mon 13-Sep			Tue 14-Sep			Wed 15-Sep			Thu 16-Sep			Fri 17-Sep			Sat 18-Sep			Sun 19-Sep			48	
	5		run	8		800	5		run	40 min		tempo	0		rest	10		pace	20		long		
3	Mon 20-Sep			Tue 21-Sep			Wed 22-Sep			Thu 23-Sep			Fri 24-Sep			Sat 25-Sep			Sun 26-Sep			32	
	5		run	6		hill	5		run	30 min		tempo	0		rest	4		pace	12		long		
2	Mon 27-Sep			Tue 28-Sep			Wed 29-Sep			Thu 30-Sep			Fri 01-Oct			Sat 02-Oct			Sun 03-Oct			24	
	4		run	30min		tempo	4		run	4		pace	0		rest	4		run	8		long		
1	Mon 04-Oct			Tue 05-Oct			Wed 06-Oct			Thu 07-Oct			Fri 08-Oct			Sat 09-Oct			Sun 10-Oct			38.2	
	3		run	4		400	3		run	0		rest	0		rest	2		run	26.2		race		
Grand Total																					598.20	-	