

Novice 2008 Training

Week	Mon			Tue			Wed			Thu			Fri			Sat			Sun			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 09-Jun			Tue 10-Jun			Wed 11-Jun			Thu 12-Jun			Fri 13-Jun			Sat 14-Jun			Sun 15-Jun			15	
	0		rest	3		run	3		run	3		run	0		rest	6		pace	0		cross		
17	Mon 16-Jun			Tue 17-Jun			Wed 18-Jun			Thu 19-Jun			Fri 20-Jun			Sat 21-Jun			Sun 22-Jun			16	
	0		rest	3		run	3		run	3		run	0		rest	7		run	0		cross		
16	Mon 23-Jun			Tue 24-Jun			Wed 25-Jun			Thu 26-Jun			Fri 27-Jun			Sat 28-Jun			Sun 29-Jun			15	
	0		rest	3		run	4		run	3		run	0		rest	5		pace	0		cross		
15	Mon 30-Jun			Tue 01-Jul			Wed 02-Jul			Thu 03-Jul			Fri 04-Jul			Sat 05-Jul			Sun 06-Jul			19	
	0		rest	3		run	4		run	3		run	0		rest	9		pace	0		cross		
14	Mon 07-Jul			Tue 08-Jul			Wed 09-Jul			Thu 10-Jul			Fri 11-Jul			Sat 12-Jul			Sun 13-Jul			21	
	0		rest	3		run	5		run	3		run	0		rest	10		run	0		cross		
13	Mon 14-Jul			Tue 15-Jul			Wed 16-Jul			Thu 17-Jul			Fri 18-Jul			Sat 19-Jul			Sun 20-Jul			18	
	0		rest	3		run	5		run	3		run	0		rest	7		pace	0		cross		
12	Mon 21-Jul			Tue 22-Jul			Wed 23-Jul			Thu 24-Jul			Fri 25-Jul			Sat 26-Jul			Sun 27-Jul			24	
	0		rest	3		run	6		run	3		run	0		rest	12		pace	0		cross		
11	Mon 28-Jul			Tue 29-Jul			Wed 30-Jul			Thu 31-Jul			Fri 01-Aug			Sat 02-Aug			Sun 03-Aug			25	
	0		rest	3		run	6		run	3		run	0		rest	13		run	0		cross		
10	Mon 04-Aug			Tue 05-Aug			Wed 06-Aug			Thu 07-Aug			Fri 08-Aug			Sat 09-Aug			Sun 10-Aug			24	
	0		rest	3		run	7		run	4		run	0		rest	10		pace	0		cross		
9	Mon 11-Aug			Tue 12-Aug			Wed 13-Aug			Thu 14-Aug			Fri 15-Aug			Sat 16-Aug			Sun 17-Aug			29	
	0		rest	3		run	7		run	4		run	0		rest	15		pace	0		cross		
8	Mon 18-Aug			Tue 19-Aug			Wed 20-Aug			Thu 21-Aug			Fri 22-Aug			Sat 23-Aug			Sun 24-Aug			32	
	0		rest	4		run	8		run	4		run	0		rest	16		run	0		cross		
7	Mon 25-Aug			Tue 26-Aug			Wed 27-Aug			Thu 28-Aug			Fri 29-Aug			Sat 30-Aug			Sun 31-Aug			29	
	0		rest	4		run	8		run	5		run	0		rest	12		pace	0		cross		
6	Mon 01-Sep			Tue 02-Sep			Wed 03-Sep			Thu 04-Sep			Fri 05-Sep			Sat 06-Sep			Sun 07-Sep			36	
	0		rest	4		run	9		run	5		run	0		rest	18		pace	0		cross		
5	Mon 08-Sep			Tue 09-Sep			Wed 10-Sep			Thu 11-Sep			Fri 12-Sep			Sat 13-Sep			Sun 14-Sep			33	
	0		rest	5		run	9		run	5		run	0		rest	14		run	0		cross		
4	Mon 15-Sep			Tue 16-Sep			Wed 17-Sep			Thu 18-Sep			Fri 19-Sep			Sat 20-Sep			Sun 21-Sep			40	
	0		rest	5		run	10		run	5		run	0		rest	20		pace	0		cross		
3	Mon 22-Sep			Tue 23-Sep			Wed 24-Sep			Thu 25-Sep			Fri 26-Sep			Sat 27-Sep			Sun 28-Sep			29	
	0		rest	5		run	8		run	4		run	0		rest	12		pace	0		cross		
2	Mon 29-Sep			Tue 30-Sep			Wed 01-Oct			Thu 02-Oct			Fri 03-Oct			Sat 04-Oct			Sun 05-Oct			21	
	0		rest	4		run	6		run	3		run	0		rest	8		run	0		cross		
1	Mon 06-Oct			Tue 07-Oct			Wed 08-Oct			Thu 09-Oct			Fri 10-Oct			Sat 11-Oct			Sun 12-Oct			35.2	
	0		rest	3		run	4		run	2		run	0		rest	0		rest	26.2		race		
Grand Total																					461.20	-	

Intermediate 2008 Training

Week	Mon			Tue			Wed			Thu			Fri			Sat			Sun			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 09-Jun			Tue 10-Jun			Wed 11-Jun			Thu 12-Jun			Fri 13-Jun			Sat 14-Jun			Sun 15-Jun			24	
	0		cross	3		run	5		run	3		tempo	0		rest	5		pace	8		run		
17	Mon 16-Jun			Tue 17-Jun			Wed 18-Jun			Thu 19-Jun			Fri 20-Jun			Sat 21-Jun			Sun 22-Jun			25	
	0		cross	3		run	5		run	3		pace	0		rest	5		run	9		run		
16	Mon 23-Jun			Tue 24-Jun			Wed 25-Jun			Thu 26-Jun			Fri 27-Jun			Sat 28-Jun			Sun 29-Jun			22	
	0		cross	3		run	5		run	3		tempo	0		rest	5		pace	6		run		
15	Mon 30-Jun			Tue 01-Jul			Wed 02-Jul			Thu 03-Jul			Fri 04-Jul			Sat 05-Jul			Sun 06-Jul			29	
	0		cross	3		run	6		run	3		tempo	0		rest	6		pace	11		run		
14	Mon 07-Jul			Tue 08-Jul			Wed 09-Jul			Thu 10-Jul			Fri 11-Jul			Sat 12-Jul			Sun 13-Jul			30	
	0		cross	3		run	6		run	3		pace	0		rest	6		run	12		run		
13	Mon 14-Jul			Tue 15-Jul			Wed 16-Jul			Thu 17-Jul			Fri 18-Jul			Sat 19-Jul			Sun 20-Jul			26	
	0		cross	3		run	5		run	3		tempo	0		rest	6		pace	9		run		
12	Mon 21-Jul			Tue 22-Jul			Wed 23-Jul			Thu 24-Jul			Fri 25-Jul			Sat 26-Jul			Sun 27-Jul			36	
	0		cross	4		run	7		run	4		tempo	0		rest	7		pace	14		run		
11	Mon 28-Jul			Tue 29-Jul			Wed 30-Jul			Thu 31-Jul			Fri 01-Aug			Sat 02-Aug			Sun 03-Aug			37	
	0		cross	4		run	7		run	4		pace	0		rest	7		run	15		run		
10	Mon 04-Aug			Tue 05-Aug			Wed 06-Aug			Thu 07-Aug			Fri 08-Aug			Sat 09-Aug			Sun 10-Aug			31	
	0		cross	4		run	5		run	4		tempo	0		rest	7		pace	11		run		
9	Mon 11-Aug			Tue 12-Aug			Wed 13-Aug			Thu 14-Aug			Fri 15-Aug			Sat 16-Aug			Sun 17-Aug			41	
	0		cross	4		run	8		run	4		tempo	0		rest	8		pace	17		run		
8	Mon 18-Aug			Tue 19-Aug			Wed 20-Aug			Thu 21-Aug			Fri 22-Aug			Sat 23-Aug			Sun 24-Aug			44	
	0		cross	5		run	8		run	5		pace	0		rest	8		run	18		run		
7	Mon 25-Aug			Tue 26-Aug			Wed 27-Aug			Thu 28-Aug			Fri 29-Aug			Sat 30-Aug			Sun 31-Aug			36	
	0		cross	5		run	5		run	5		tempo	0		rest	8		pace	13		run		
6	Mon 01-Sep			Tue 02-Sep			Wed 03-Sep			Thu 04-Sep			Fri 05-Sep			Sat 06-Sep			Sun 07-Sep			43	
	0		cross	5		run	8		run	5		tempo	0		rest	5		pace	20		run		
5	Mon 08-Sep			Tue 09-Sep			Wed 10-Sep			Thu 11-Sep			Fri 12-Sep			Sat 13-Sep			Sun 14-Sep			35	
	0		cross	5		run	5		run	5		pace	0		rest	8		run	12		run		
4	Mon 15-Sep			Tue 16-Sep			Wed 17-Sep			Thu 18-Sep			Fri 19-Sep			Sat 20-Sep			Sun 21-Sep			43	
	0		cross	5		run	8		run	5		tempo	0		rest	5		pace	20		run		
3	Mon 22-Sep			Tue 23-Sep			Wed 24-Sep			Thu 25-Sep			Fri 26-Sep			Sat 27-Sep			Sun 28-Sep			32	
	0		cross	5		run	6		run	5		tempo	0		rest	4		pace	12		run		
2	Mon 29-Sep			Tue 30-Sep			Wed 01-Oct			Thu 02-Oct			Fri 03-Oct			Sat 04-Oct			Sun 05-Oct			24	
	0		cross	4		run	5		run	4		pace	0		rest	3		run	8		run		
1	Mon 06-Oct			Tue 07-Oct			Wed 08-Oct			Thu 09-Oct			Fri 10-Oct			Sat 11-Oct			Sun 12-Oct			35.2	
	0		cross	3		run	4		run	0		rest	0		rest	2		run	26.2		race		
Grand Total																					593.20	-	

Advanced I 2008 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 09-Jun			Tue 10-Jun			Wed 11-Jun			Thu 12-Jun			Fri 13-Jun			Sat 14-Jun			Sun 15-Jun			24	
	3		run	3		hill	3		run	30min		tempo	0		rest	5		pace	10		long		
17	Mon 16-Jun			Tue 17-Jun			Wed 18-Jun			Thu 19-Jun			Fri 20-Jun			Sat 21-Jun			Sun 22-Jun			25	
	3		run	30min		tempo	3		run	3		pace	0		rest	5		run	11		long		
16	Mon 23-Jun			Tue 24-Jun			Wed 25-Jun			Thu 26-Jun			Fri 27-Jun			Sat 28-Jun			Sun 29-Jun			24	
	3		run	4		800	3		run	30min		tempo	0		rest	6		pace	8		long		
15	Mon 30-Jun			Tue 01-Jul			Wed 02-Jul			Thu 03-Jul			Fri 04-Jul			Sat 05-Jul			Sun 06-Jul			29	
	3		run	4		hill	3		run	35min		tempo	0		rest	6		pace	13		long		
14	Mon 07-Jul			Tue 08-Jul			Wed 09-Jul			Thu 10-Jul			Fri 11-Jul			Sat 12-Jul			Sun 13-Jul			30	
	3		run	35min		tempo	3		run	3		pace	0		rest	7		run	14		long		
13	Mon 14-Jul			Tue 15-Jul			Wed 16-Jul			Thu 17-Jul			Fri 18-Jul			Sat 19-Jul			Sun 20-Jul			28	
	3		run	5		800	3		run	35min		tempo	0		rest	7		pace	10		long		
12	Mon 21-Jul			Tue 22-Jul			Wed 23-Jul			Thu 24-Jul			Fri 25-Jul			Sat 26-Jul			Sun 27-Jul			36	
	3		run	5		hill	4		run	40min		tempo	0		rest	8		pace	16		long		
11	Mon 28-Jul			Tue 29-Jul			Wed 30-Jul			Thu 31-Jul			Fri 01-Aug			Sat 02-Aug			Sun 03-Aug			35	
	3		run	40min		tempo	4		run	3		pace	0		rest	8		run	17		long		
10	Mon 04-Aug			Tue 05-Aug			Wed 06-Aug			Thu 07-Aug			Fri 08-Aug			Sat 09-Aug			Sun 10-Aug			34	
	3		run	6		800	4		run	40min		tempo	0		rest	9		pace	12		long		
9	Mon 11-Aug			Tue 12-Aug			Wed 13-Aug			Thu 14-Aug			Fri 15-Aug			Sat 16-Aug			Sun 17-Aug			41	
	3		run	6		hill	4		run	45min		tempo	0		rest	9		pace	19		long		
8	Mon 18-Aug			Tue 19-Aug			Wed 20-Aug			Thu 21-Aug			Fri 22-Aug			Sat 23-Aug			Sun 24-Aug			43	
	4		run	45min		tempo	5		run	4		pace	0		rest	10		run	20		long		
7	Mon 25-Aug			Tue 26-Aug			Wed 27-Aug			Thu 28-Aug			Fri 29-Aug			Sat 30-Aug			Sun 31-Aug			34	
	4		run	7		800	5		run	45 min		tempo	0		rest	6		pace	12		long		
6	Mon 01-Sep			Tue 02-Sep			Wed 03-Sep			Thu 04-Sep			Fri 05-Sep			Sat 06-Sep			Sun 07-Sep			46	
	4		run	7		hill	5		run	50 min		tempo	0		rest	10		pace	20		long		
5	Mon 08-Sep			Tue 09-Sep			Wed 10-Sep			Thu 11-Sep			Fri 12-Sep			Sat 13-Sep			Sun 14-Sep			33	
	5		run	45min		tempo	5		run	5		pace	0		rest	6		run	12		long		
4	Mon 15-Sep			Tue 16-Sep			Wed 17-Sep			Thu 18-Sep			Fri 19-Sep			Sat 20-Sep			Sun 21-Sep			48	
	5		run	8		800	5		run	40 min		tempo	0		rest	10		pace	20		long		
3	Mon 22-Sep			Tue 23-Sep			Wed 24-Sep			Thu 25-Sep			Fri 26-Sep			Sat 27-Sep			Sun 28-Sep			32	
	5		run	6		hill	5		run	30 min		tempo	0		rest	4		pace	12		long		
2	Mon 29-Sep			Tue 30-Sep			Wed 01-Oct			Thu 02-Oct			Fri 03-Oct			Sat 04-Oct			Sun 05-Oct			24	
	4		run	30min		tempo	4		run	4		pace	0		rest	4		run	8		long		
1	Mon 06-Oct			Tue 07-Oct			Wed 08-Oct			Thu 09-Oct			Fri 10-Oct			Sat 11-Oct			Sun 12-Oct			38.2	
	3		run	4		400	3		run	0		rest	0		rest	2		run	26.2		race		
Grand Total																					604.20	-	

Advanced II 2008 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 09-Jun			Tue 10-Jun			Wed 11-Jun			Thu 12-Jun			Fri 13-Jun			Sat 14-Jun			Sun 15-Jun			26	
	0		Cross	3		run	5		run	3		run	0		rest	5		pace	10		long		
17	Mon 16-Jun			Tue 17-Jun			Wed 18-Jun			Thu 19-Jun			Fri 20-Jun			Sat 21-Jun			Sun 22-Jun			27	
	0		Cross	3		run	5		run	3		run	0		rest	5		run	11		long		
16	Mon 23-Jun			Tue 24-Jun			Wed 25-Jun			Thu 26-Jun			Fri 27-Jun			Sat 28-Jun			Sun 29-Jun			26	
	0		Cross	3		run	6		run	3		run	0		rest	6		pace	8		long		
15	Mon 30-Jun			Tue 01-Jul			Wed 02-Jul			Thu 03-Jul			Fri 04-Jul			Sat 05-Jul			Sun 06-Jul			31	
	0		Cross	3		run	6		run	3		run	0		rest	6		pace	13		long		
14	Mon 07-Jul			Tue 08-Jul			Wed 09-Jul			Thu 10-Jul			Fri 11-Jul			Sat 12-Jul			Sun 13-Jul			34	
	0		Cross	3		run	7		run	3		run	0		rest	7		run	14		long		
13	Mon 14-Jul			Tue 15-Jul			Wed 16-Jul			Thu 17-Jul			Fri 18-Jul			Sat 19-Jul			Sun 20-Jul			30	
	0		Cross	3		run	7		run	3		run	0		rest	7		pace	10		long		
12	Mon 21-Jul			Tue 22-Jul			Wed 23-Jul			Thu 24-Jul			Fri 25-Jul			Sat 26-Jul			Sun 27-Jul			40	
	0		Cross	4		run	8		run	4		run	0		rest	8		pace	16		long		
11	Mon 28-Jul			Tue 29-Jul			Wed 30-Jul			Thu 31-Jul			Fri 01-Aug			Sat 02-Aug			Sun 03-Aug			41	
	0		Cross	4		run	8		run	4		run	0		rest	8		run	17		long		
10	Mon 04-Aug			Tue 05-Aug			Wed 06-Aug			Thu 07-Aug			Fri 08-Aug			Sat 09-Aug			Sun 10-Aug			38	
	0		Cross	4		run	9		run	4		run	0		rest	9		pace	12		long		
9	Mon 11-Aug			Tue 12-Aug			Wed 13-Aug			Thu 14-Aug			Fri 15-Aug			Sat 16-Aug			Sun 17-Aug			45	
	0		Cross	4		run	9		run	4		run	0		rest	9		pace	19		long		
8	Mon 18-Aug			Tue 19-Aug			Wed 20-Aug			Thu 21-Aug			Fri 22-Aug			Sat 23-Aug			Sun 24-Aug			50	
	0		Cross	5		run	10		run	5		run	0		rest	10		run	20		long		
7	Mon 25-Aug			Tue 26-Aug			Wed 27-Aug			Thu 28-Aug			Fri 29-Aug			Sat 30-Aug			Sun 31-Aug			34	
	0		Cross	5		run	6		run	5		run	0		rest	6		pace	12		long		
6	Mon 01-Sep			Tue 02-Sep			Wed 03-Sep			Thu 04-Sep			Fri 05-Sep			Sat 06-Sep			Sun 07-Sep			50	
	0		Cross	5		run	10		run	5		run	0		rest	10		pace	20		long		
5	Mon 08-Sep			Tue 09-Sep			Wed 10-Sep			Thu 11-Sep			Fri 12-Sep			Sat 13-Sep			Sun 14-Sep			34	
	0		Cross	5		run	6		run	5		run	0		rest	6		run	12		long		
4	Mon 15-Sep			Tue 16-Sep			Wed 17-Sep			Thu 18-Sep			Fri 19-Sep			Sat 20-Sep			Sun 21-Sep			50	
	0		Cross	5		run	10		run	5		run	0		rest	10		pace	20		long		
3	Mon 22-Sep			Tue 23-Sep			Wed 24-Sep			Thu 25-Sep			Fri 26-Sep			Sat 27-Sep			Sun 28-Sep			34	
	0		Cross	5		run	8		run	5		run	0		rest	4		pace	12		long		
2	Mon 29-Sep			Tue 30-Sep			Wed 01-Oct			Thu 02-Oct			Fri 03-Oct			Sat 04-Oct			Sun 05-Oct			26	
	0		Cross	4		run	6		run	4		run	0		rest	4		run	8		long		
1	Mon 06-Oct			Tue 07-Oct			Wed 08-Oct			Thu 09-Oct			Fri 10-Oct			Sat 11-Oct			Sun 12-Oct			35.2	
	0		Cross	3		run	4		run	0		rest	0		rest	2		run	26.2		RACE		
Grand Total																					651.20	-	