



November 14, 2010
 Tempe Town Lake 10 mile/5k



September 2010

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Labor Day	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21 <i>2 miles</i>	22	23 <i>2 miles</i>	24 Rest	25 <i>3 miles</i>
Week 1		Brisk 5 min walk; alternate 60 secs jogging/90 secs walking for 20 mins.		Brisk 5 min walk; alternate 60 secs jogging/90 secs walking for 20 mins.		Brisk 5 min walk; alternate 60 secs jogging/90 secs walking for 20 mins.
26 Active Recovery	27 Rest	28 <i>3 miles</i>	29	30 <i>2 miles</i>	1	2 <i>4 miles</i>
Week 2		Brisk 5 min walk; alternate 90 secs jogging/2 mins walking for 20 mins.		Brisk 5 min walk; alternate 90 secs jogging/2 mins walking for 20 mins.		Brisk 5 min walk; alternate 90 secs jogging/2 mins walking for 20 mins.
<p>Training begins Sep 20. 10 mile schedule shown in italics. Active recovery is anything low impact such as hiking, cycling, swimming, yoga Follow a prudent diet of complex carbs, good fats, and complete proteins. Warm up and cool down after each workout and do not run through pain. Visit www.runnersworld.com for more information on nutrition and training.</p>						



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Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1 Rest	2 4 miles Brisk 5 min walk; alternate 90 secs jogging/2 mins walking for 20 mins.
3 Active Recovery	4 Rest	5 3 miles 5 min warm-up then 2 reps of: 90 sec jog/90 sec walk/3 min jog/3 min walk	6	7 3 miles 5 min warm-up then 2 reps of: 90 sec jog/90 sec walk/3 min jog/3 min walk	8 Rest	9 5 miles 5 min warm-up then 2 reps of: 90 sec jog/90 sec walk/3 min jog/3 min walk
Week 3						
10 Active Recovery	11 Columbus Day Rest	12 2 miles 5 min warmup;jog 3 min/walk 1.5/jog 5 /walk 2.5 /jog 3 /walk 1.5/jog 5	13	14 2 miles 5 min warmup;jog 3 min/walk 1.5/jog 5 /walk 2.5 /jog 3 /walk 1.5/jog 5	15 Rest	16 6 miles 5 min warmup;jog 3 min/walk 1.5/jog 5 /walk 2.5 /jog 3 /walk 1.5/jog 5
Week 4						
17 Active Recovery	18 Rest	19 4 miles 5 min warmup;jog 5 mins/walk 3/jog 5/walk 3/jog 5	20	21 3 miles 5 min warmup;jog 8/walk 5/jog 8	22 Rest	23 4 miles 5 min walk/jog 20 mins no walking
Week 5						
24 Active Recovery	25 Rest	26 4 miles 5 min warmup;jog 5/walk 3/jog 8/walk 3/jog 5	27	28 3 miles 5 min warmup;jog 10/walk 3/jog 10	29 Rest	30 8 miles 5 min warmup;jog 25 mins no walking
Week 6						
31 Halloween Active Recovery						



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	1 Rest	2 5 miles	3	4 3 miles	5 Rest	6 9 miles
Week 7		5 min warmup/jog 25 mins		5 min warmup/jog 25 mins		5 min warmup/jog 28 mins
7 Active Recovery	8 Rest	9 3 miles	10	Veterans Day 11 3 miles	12 Rest	13
Week 8		5 min warmup/jog 28 mins		5 min warmup/jog 28 mins	Packet pickup	Packet pickup
14 RACE DAY!	15	16	17	18	19	20
10 miles/5k						
21	22	23	24	Turkey Day 25	26	27
28		30				