

## September 2010

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Labor Day	7	8	9	10	11
12	13 Marathon Training Begins	14 4-6 miles	15 3 miles	16 4-6 miles	17 Rest	18 5 miles
19 Active Recovery	20 Rest	21 4-6 miles	22 3 miles	23 4-6 miles	24 Rest	25 6 miles
26 Active Recovery	27 Rest	28 4-6 miles	29 4 miles	30 4-6 miles		
<p>Marathon training begins Sep 13; Half Marathon begins Nov 22 (miles 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 <a href="http://www.runnersworld.com">www.runnersworld.com</a> for more information on nutrition and training.</p>						



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# October 2010

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					Rest <b>1</b>	<b>2</b> 7 miles
<b>3</b> Active Recovery	Rest <b>4</b>	4-6 miles <b>5</b>	4 miles <b>6</b>	4-6 miles <b>7</b>	Rest <b>8</b>	<b>9</b> 8 miles
<b>10</b> Active Recovery	<b>11</b> Columbus Day Rest	4-6 miles <b>12</b>	5 miles <b>13</b>	4-6 miles <b>14</b>	Rest <b>15</b>	<b>16</b> 9 miles
<b>17</b> Active Recovery	Rest <b>18</b>	4-6 miles <b>19</b>	5 miles <b>20</b>	4-6 miles <b>21</b>	Rest <b>22</b>	<b>23</b> 10 miles
<b>24</b> Active Recovery	Rest <b>25</b>	4-6 miles <b>26</b>	6 miles <b>27</b>	4-6 miles <b>28</b>	Rest <b>29</b>	<b>30</b> 11 miles
<b>31</b> Halloween Active Recovery						



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# November 2010

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	<b>1</b> Rest	<b>2</b> 4-6 miles	<b>3</b> 6 miles	<b>4</b> 4-6 miles	<b>5</b> Rest	<b>6</b> 12 miles
<b>7</b> Active Recovery	<b>8</b> Rest	<b>9</b> 4-6 miles	<b>10</b> 3 miles	Veterans Day <b>11</b> 4-6 miles	<b>12</b> Rest	<b>13</b> 9 miles
<b>14</b> Active Recovery	<b>15</b> Rest	<b>16</b> 4-6 miles	<b>17</b> 7 miles	<b>18</b> 4-6 miles	<b>19</b> Rest	<b>20</b> 14 miles
<b>21</b> Active Recovery	<b>22</b> Rest	<b>23</b> 4-6 miles	<b>24</b> 8 miles	Turkey Day <b>25</b> 4-6 miles	<b>26</b> Rest	<b>27</b> 16 miles
<i>Half marathon Training begins</i>	<i>3 miles</i>	<i>4 miles</i>	<i>Rest</i>	<i>4 miles</i>	<i>Rest</i>	<i>4 miles</i>
<b>28</b> Active Recovery	Rest	<b>30</b> 4-6 miles				
	<i>3 miles</i>	<i>4 miles</i>				



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# December 2010

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			<b>1</b> 5 miles	<b>2</b> 4-6 miles	<b>3</b> Rest	<b>4</b> 13 miles
			<i>Rest</i>	<i>4 miles</i>	<i>Rest</i>	<i>5 miles</i>
<b>5</b> Active Recovery	<b>6</b> Rest	<b>7</b> 4-6 miles	<b>8</b> 9 miles	<b>9</b> 4-6 miles	<b>10</b> Rest	<b>11</b> 18 miles
	<i>3 miles</i>	<i>4 miles</i>	<i>3 miles</i>	<i>4 miles</i>	<i>Rest</i>	<i>6 miles</i>
<b>12</b> Active Recovery	<b>13</b> Rest	<b>14</b> 4-6 miles	<b>15</b> 10 miles	<b>16</b> 4-6 miles	<b>17</b> Rest	<b>18</b> 15 miles
	<i>4 miles</i>	<i>4 miles</i>	<i>3 miles</i>	<i>4-6 miles</i>	<i>Rest</i>	<i>7 miles</i>
<b>19</b> Active Recovery	<b>20</b> Rest	<b>21</b> 4-6 miles	<b>22</b> 9 miles	<b>23</b> 4-6 miles	<b>24</b> Rest	Xmas Day <b>25</b> 20 miles
	<i>4 miles</i>	<i>4 miles</i>	<i>3 miles</i>	<i>4-6 miles</i>	<i>Rest</i>	<i>8 miles</i>
<b>26</b> Active Recovery	<b>27</b> Rest	<b>28</b> 4-6 miles	<b>29</b> 8 miles	<b>30</b> 4-6 miles	<b>31</b> Rest	
	<i>4 miles</i>	<i>4 miles</i>	<i>3 miles</i>	<i>4 miles</i>	<i>Rest</i>	



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# January 2011

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						New Year's 1 12 miles
						9 miles
2 Active Recovery	3 Rest	4 4-6 miles	5 6 miles	6 4-6 miles	7 Rest	8 8 miles
	3 miles	4 miles	3 miles	4 miles	Rest	10 miles
9 Active Recovery	10 Rest	11 4 miles	12 4 miles	13 Rest	14 2 miles	15 rest
	3 miles	4 miles	3 miles	Rest	2 miles	Rest
16 Race Day!	17 Martin Luther King Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					