

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 THT River Loop 2 x 200 grass	6	7	8 THT 2 mi tempo Westover	9	10 AI 70 min
11	12 THT River Loop 3 x 200 grass	13	14	15 THT 30 min easy	16	17 4 Pete's Sake 5K Buckley's Tavern Centreville
18	19 THT River Loop 4 x 200 grass	20	21	22 THT 2.5 mi tempo Westover	23	24 JCC Trail Run
25	26 THT River Loop 5 x 200 grass	27	28	29 THT 3 mi tempo Westover	30	31 AI 80 min

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 THT 6x600, 200r grass	3	4	5 THT 3 x Art Museum Hills	6	7 AI 80-90 min
8	9 THT 6x600, 200r grass	10	11	12 THT 3 x Hagley Hills	13	14 AI 80-90 min
15	16 THT 7x600, 200r grass	17	18	19 THT 3 x Art Museum Hills	20	21 JCC Trail Run
22	23 THT 7x600, 200r grass	24	25	26 THT 4 x Hagley Hills	27	28 AI 80-90 min
29	30 THT 8x600, 200r grass	31				

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 THT 3 x Art Museum Hills	3	4 AI 30 min
5	6 Mike Clark 4-mile race	7	8	9 THT 5 x Hagley Hills	10	11 AI or Bottle & Cork 10-miler
12	13 THT 5 x 800 400 r	14	15	16 THT 4-3-2-1 lap on, 1 lap r	17	18 JCC Trail Run
19 :Philly Half Marathon	20 THT 5 x 800 400 r	21	22	23 THT 5 x 1000, 600 r	24	25 AI 70-90 min
26	27 THT 2 min on / 2 min off - 24 min	28	29	30 THT 2 x 1600, 2 x 800		