

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 AI 70 min
3 35 min or XT	4 THT River Loop 3 x 200 in Park	5 30 min or XT	6 XT	7 THT Warm-Up Westover 2 mile tempo	8	9 AI 70 min or
10 Icicle Run Team Race 10 miles	11 THT River Loop 4 x 200 in Park	12 30 min or XT	13 XT	14 THT Warm-Up Westover 2.5 mile tempo	15	16 AI 75 min
17 35 min or XT	18 THT River Loop 5 x 200 in Park	19 35 min or XT	20 XT	21 THT Warm-Up Westover 3 mile tempo	22	23 JCC Trail Run
24 35 min or XT	25 THT River Loop 6 x 200 in Park	26 35 min or XT	27 XT	28 THT Warm-Up Westover 3.5 mile tempo	29	30 AI 80 min
31 35 min or XT						

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 THT 4 x 800 Parkway	2 40 min or XT	3 XT	4 THT 3 x Rockford Hills	5	6 AI 85 min
7 40 min or XT	8 THT 4 x 800 Parkway	9 40 min or XT	10 XT	11 THT 4 x Hagley Hills	12	13 JCC Trail Run
14 40 min or XT	15 THT 5 x 800 Parkway	16 45 min or XT	17 XT	18 THT 3 x Rockford Hills	19	20 THT 10 mile Tempo Run
21 45 min or XT	22 THT 5 x 800 Parkway	23 45 min or XT	24 XT	25 THT 5 x Hagley Hills	26	27 AI 90 min
28 45 min or XT						

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 THT 6 x 800 Parkway	2 50 min or XT	3 XT	4 THT 3-4 x Rockford Hills	5	6 AI 95 min or
7 JCC Snowball Run 5 miler Team Race	8 THT 6 x 800 Parkway	9 50 min or XT	10 XT	11 THT 5-6 x Hagley Hills	12	13 AI 90 min
14 45 min or XT	15 THT 6 x 800 Parkway	16 Light run or XT	17 XT	18 THT 3 x 1600 or Striders	19	20 20 min
21 Caesar Rodney Half Marathon Team Race	22	23	24	25	26	27
28	29	30	31			