

OCTOBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 Walk 10 min Run 20 min, walk 5 min Repeat 2x Cool down: 5 min	2 REST	3 Warm-up: walk 10 min Run 5.7 miles Cool-down: walk 5 mins	
4 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	5 Stretch And Tone - 60 mi Abs - 15 min	6 REST	7 Walk 5 min Run 55 min Cool down: 5 min	8 Warm up: 5 min Run 5 min, walk 2 min Repeat 8x Cool down: 5 min	9 REST	10 Warm-up: walk 10 min Run 6 miles Cool-down: walk 5 mins	
11 REST	12 RACE DAY!!!!	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31 Halloween	
		Notes:					

SEPTEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	REST	Warm-up: walk 10 min Run 4.5 miles Cool-down: walk 5 mins
6	7 Labor Day	8	9	10	11	12
CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	Warm up: 5 min Run 5 min, walk 2 min Repeat 8x Cool down: 5 min	REST	Walk 10 min Run 45 min Cool down: 5 min	CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	REST	Warm-up: walk 10 min Run 4.7 miles Cool-down: walk 5 mins
13	14	15	16	17	18	19
CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	Stretch And Tone - 60 mi Abs - 15 min	REST	Warm up: 5 min Run 3 min, walk 2 min Repeat 10x Cool down: 5 min	Walk 10 min Run 20 min, walk 5 min Repeat 2x Cool down: 5 min	REST	Warm-up: walk 10 min Run 5 miles Cool-down: walk 5 mins
20	21	22	23	24	25	26
CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	Stretch And Tone - 60 mi Abs - 15 min	REST	Warm up: 5 min Run 5 min, walk 2 min Repeat 8x Cool down: 5 min	Walk 10 min Run 20 min, walk 5 min Repeat 2x Cool down: 5 min	REST	Warm-up: walk 10 min Run 5.5 miles Cool-down: walk 5 mins
27	28	29	30			
CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	Stretch And Tone - 60 mi Abs - 15 min	REST	Warm up: 5 min Run 3 min, walk 2 min Repeat 10x Cool down: 5 min			
		Notes:				

AUGUST 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	3 Warm up: 5 min Run 5 min, walk 2 min Repeat 8x Cool down: 5 min	4 REST	5 Walk 5 min, run 25 min Repeat 2x Cool down: 5 min	6 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	7 REST	8 Warm-up: walk 10 min Run 3 miles Cool-down: walk 5 mins
9 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	10 Warm up: 5 min Run 3 min, walk 2 min Repeat 10x Cool down: 5 min	11 REST	12 Walk 10 min Run 30 min Cool down: 5 min	13 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	14 REST	15 Warm-up: walk 10 min Run 3.5 miles Cool-down: walk 5 mins
16 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	17 Warm up: 5 min Run 5 min, walk 2 min Repeat 8x Cool down: 5 min	18 REST	19 Walk 10 min Run 35 min Cool down: 5 min	20 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	21 REST	22 Warm-up: walk 10 min Run 3.7 miles Cool-down: walk 5 mins
23 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	24 Warm up: 5 min Run 3 min, walk 2 min Repeat 10x Cool down: 5 min	25 REST	26 Walk 10 min Run 40 min Cool down: 5 min	27 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	28 REST	29 Warm-up: walk 10 min Run 4 miles Cool-down: walk 5 mins
30 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	31	Notes:				

JULY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Independence Day
5	6	7	8	9	10	11
12 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	13 Warm up: 5 min Run 3 min, walk 2 min Repeat 10x Cool down: 5 min	14 REST	15 Warm up: 5 min Run 10 min, walk 5 min Repeat 3x Cool down: 5 min	16 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	17 REST	18 Warm-up: walk 10 min Run 2 miles Cool-down: walk 5 mins
19 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	20 Warm up: 5 min Run 5 min, walk 2 min Repeat 8x Cool down: 5 min	21 REST	22 Warm up: 5 min Run 15 min, walk 5 min Repeat 3x Cool down: 5 min	23 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	24 REST	25 Warm-up: walk 10 min Run 2.5 miles Cool-down: walk 5 mins
26 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	27 Warm up: 5 min Run 3 min, walk 2 min Repeat 10x Cool down: 5 min	28 REST	29 Warm up: 5 min Run 20 min, walk 5 min Repeat 2x Cool down: 5 min	30 CROSS-TRAIN: 45-60 min Low-to-moderate intensity (non-running activity)	31 REST	
		Notes:				