

June 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black: Scheduled workout Blue: Actual workout accomplished Red: Anticipated races					1	2
3	4	5	6	7	8	9
						Baldwin 5K 28:51 EEE-GATS!
10	11	12	13	14	15	16
Rest	Rest 3mi walk	2 miles, 5-7x1:00 AI, 2 miles 4 mi, NO AI	Rest 3mi walk Volleyball	4 miles 4 GP 3mi HOT!!!	Rest	3-4 miles Rest
17	18	19	20	21	22	23
6-7 miles Rest	Rest 4mi	2 miles, 5-7x 1:00 AI, 2 miles Accomplished! WINDY!	Rest 3mi walk Volleyball	4 miles, 4 GP 4mi-NO GP	Rest Strength	Auburndale 5K 27:45—getting better!
24	25	26	27	28	29	30
6-7 miles 3mi—5GP's	Rest Strength 15 min elliptical	2 miles, 2x[1:00, 1:30, 2:00] AI 2 miles Accomplished! 5 miles total	Rest 2mi walk Volleyball	4 miles incl. 4x1:00 AI, 5-6 GP Acomplished! 8-9 AI, NO GP	Rest Strength	3-4 miles 3+ miles 6 GP's

July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4-5 miles 5 miles	2 Rest 2 mi EZ w/Cass and Shadow	3 3 miles 3x[2:00, 2:30] ai 2 miles Accomplished! 7 mi total	4 Rest REST	5 5-6 miles incl. 4x1:30 AI 6 GP-not done 4 mi AM incl. AI's; 2 mi PM	6 Rest 3 mi walk 6 GP's	7 MACC 5K 25:24—pleased
8 7-8 miles 3 miles – HOT! Strength	9 Rest 2 mi walk	10 3 miles 3x[2:00, 2:30]ai 2 miles Accomplished! 6+ mi total	11 Rest 1 mi walk Volleyball	12 5-6 miles incl. 4x1:30 AI 6 GP- not done 3 mi w/Caitlyn hilly, windy	13 Rest REST	14 3-4 miles 6 miles felt good!
15 7-8 miles 8-9 miles	16 Rest REST	17 3 miles 2x2:00, 2x2:30, 1x3:00 2 miles 6 GP-not done ACCOMPLISHED 7.4 mi total	18 Rest Strength Volleyball	19 5-6 miles 4 GP 5 miles-hills 6 GP	20 Rest <i>Shoveling 3 hrs</i>	21 3-4 miles 5 miles (hilly)
22 4 miles 8 miles (hilly)	23 Rest REST	24 3 miles 2x[2:00, 3:00, 4:00] ai 2 miles REST—MUGGY	25 Rest Shortened Tues (5 miles total) Volleyball	26 6 miles incl 4x2:00 ai 6 GP 3 miles up- tempo	27 Rest REST	28 5-6 miles 5 miles
29 9-10 miles 8 miles	30 Rest REST	31 3 miles 2x[2:00, 3:00, 4:00] ai 2 miles REST--MUGGY				

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rest Volleyball (5)	2 6 miles incl. 4x2:00 ai 6 GP 1 mi, 4xYasso's, 1600/time, 4xcont. 400's	3 Rest	4 Spooner 5 mile Jack Pine
5 9-10 miles Amy's 32nd	6 Rest	7 2 miles 4x1:00 ai 2 miles	8 Rest	9 2 miles easy 4 GP	10 Rest	11 Hurley 2- person Marathon
12 Rest Julie's 21st	13 Rest	14 2 miles (GP) 3x2 miles T (2:00) 3 miles (GP)	15 3 miles 6x100 S	16 4x1 mile	17 Rest	18 5 miles
19 16 miles	20 Rest	21 2 miles (GP) 3x2 miles T (2:00) 3 miles (GP)	22 3 miles 6 x 100S	23 4x1 mile	24 Rest	25 5 miles
26 17 miles	27 Rest	28 1 hour incl 2x1,200 C 2x400 SI	29 4 miles Inservice	30 4x800 S 6x100 S Inservice	31 Rest	

September 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Shell Lake 15K
2 6-8 miles	3 Rest	4 2 miles (GP) 4x2 miles T (2:00), 3 miles GP	5 3 miles 6x100 S	6 90 minutes incl 8-10:00 TUT	7 Rest	8 4 miles
9 18 miles	10 Rest	11 2 miles (GP) 4x2 miles T (2:00), 3 miles GP	12 3 miles 6x100 S	13 90 minute incl 8-10:00 TUT	14 Rest	15 Barron Half
16 19 miles	17 Rest	18 3x1 mile C 3x800 SI	19 3 miles 6x100 S	20 75 minute incl 6-8:00 TUT	21 Rest	22 Peshtigo 10K
23 20 miles	24 Rest	25 3x1 mile C 3x800 SI	26 3 miles 6x100 S	27 75-minute incl 6-8:00 TUT	28 Rest	29 4 miles
13 miles 30						

October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rest	2 2 miles GP 4 miles R	3 3 miles 6x100 S	4 1-hour run incl 6x400 SI	5 Rest	6 Rest
7 1-hour run	8 Rest	9 4x400 SI	10 3 miles 6x100 S	11 Rest	12 2-mile jog	13 Ashland Marathon
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

HURLEY HALF-MARATHON Codes

Aerobic Intervals (AI): You push the pace. But just a little. Find a tempo that feels somewhere between comfortable and "Hey, I'm workin' a little here." Don't run this too hard. Trying to add too much intensity while you're also increasing mileage spells I-N-J-U-R-Y. When you finish the timed AI, jog very slowly until your breathing returns to normal, then work back into your regular pace. On all other days, just run your assigned miles as you feel.

Gentle Pickups (GP): At the end of your run, walk for several minutes, then slowly increase your leg turnover on a flat stretch for 100 meters--the straightaway on a track--up to the point where you start to breathe hard. Hold it there for 10 to 20 meters, then gradually slow down. Walk to full recovery before you start the next one. The purpose of both AI and GP is to improve your stamina, leg speed, running efficiency, and to make your normal pace feel more comfortable. What's more, this kind of up-tempo running adds variety to your training. Always a good thing.

ASHLAND MARATHON Codes (Post Hurley)

Goal Pace (GP): Your per-mile goal marathon pace.

Tempo Runs (T): For 11-minute Marathon Goal Pace (MGP) (4:48:25), run 10:28 (1 mile); for 10-minute MGP (4:22:12), run 9:31; for 9-minute MGP (3:55:58), run 8:34. Recovery is slow jogging for the number of minutes in parentheses.

Cruise Intervals (C): For 11-minute MGP, run 9:56 (1 mile), 7:49 (1,200); for 10-minute MGP, run 9:02 and 6:47; for 9-minute MGP, run 8:07 and 6:06. Recovery is half the distance of the repetition.

Speed Intervals (SI): For 11-minute MGP, run 4:52 (800), 2:26 (400); for 10-minute MGP, run 4:17, 2:08; for 9-minute MGP, run 3:50, 1:55. Recovery is equal distance (e.g., 400 jog for 400 repeats).

Total Uphill Time (TUT): The total number of minutes you spend running semi-vigorously up inclines-- repeats up the same hill or total uphill time over a hilly loop.

Warmup/Cooldown: Run 15 minutes easy followed by 4x100m strides before each Tuesday/Thursday session and 15 minutes easy at the end.

Strides (S): Gradual, smooth accelerations over 100 meters (straightaway on a track), running fast and controlled over the middle third--but NEVER SPRINTING--then just as gradually decelerating. Walk to full recovery after each.

Race Day Rules: "Go 10 to even 15 seconds per mile slower than your goal pace for the first 5-8 miles," counsels coach Bob Williams. You will see a big payoff later. When things start to get interesting, say at 18 to 20 miles, you'll have some gas in the tank.