

Boston 2005 - Community Running

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	8 Weeks Out
Off	E.L.F. Workout 35 Laps Minimum 8 Miles	Easy Run <b>4-5 Miles</b>	Pacing Run <b>8- 10 Miles</b> @Marathon Pace	Workout with Kirsten	Off	Long Run <b>17 Miles</b>	46-49 Miles
27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	7 Weeks Out
Off	(1200, 1000, 800, 600)x2 all at 5k pace	Easy Run <b>7-8 Miles</b>	Easy Run <b>8-10 Miles</b>	Workout with Kirsten	Off	Long Run <b>20 Miles</b>	50-53 Miles
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	6 Weeks out
Off	Track 8x 800 meters at 5k pace <b>7-8 Miles</b>	Easy Run <b>5-7 Miles</b>	Easy Run <b>7-8 Miles</b>	Workout with Kirsten	Off	Easy Long Run <b>14 Miles</b>	40-44 Miles
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	5 Weeks out
Off	Track Bingo!!! 40 laps	Easy Run <b>6-8 Miles</b>	Pacing Run <b>10- 12 Miles</b> @Marathon Pace	Workout with Kirsten	Off	Long Run <b>16 Miles</b> with middle 6@Marathon pace	48-52 miles