

Boston 2005 - Community Running

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	12 Weeks Out
Off	4x1800meters @ 5k, 10k, 1/2mar pace	Easy Run 4-5 Miles	Pacing Run 6 Miles @Marathon Pace	Workout with Kirsten	Off	Long Run 14 Miles	39-41 Miles
30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	11 Weeks Out
Off	Track Bingo!!!	Easy Run 7-8 Miles	Pacing Run 6 Miles @ Marathon pace	Workout with Kirsten	Off	Easy Long Run 16 Miles	42-43 Miles
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	10 Weeks out
Off	Track 8x 800 meters at 5k pace 7-8 Miles SPEED	Easy Run 5-7 Miles	Pacing Run 8 Miles @Marathon Pace	Workout with Kirsten	Off	Easy Long Run 18 Miles	45-47 Miles
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	9 Weeks out
Off	Track 10x600 @5k pace with one lap jog rest 7 Miles SPEED	Easy Run 6-8 Miles	Easy Run 8-10 Miles	Workout with Kirsten	Off	Long Run 15 Miles with middle 4@Marathon pace	43-47 miles