

Boston 2005 - Community Running

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	16 Weeks Out
Off	Track 7x600meters @5k pace with 200meter jog recovery 7 miles	Easy Run 4-5 Miles	Track 3x1 mile @10k pace, 2x400 @5k pace, 8 Miles	Workout with Kirsten	Off	Long Run 12 Miles	37-38 Miles
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	15 Weeks Out
Off	Pacing Run 3x1800 Meters @5k, 10k, 1/2 marathon pace	Easy Run 7-8 Miles	Pacing Run 6 Miles @ Marathon Pace	Workout with Kirsten	Off	Easy Long Run 12 Miles	38-39 Miles
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	14 Weeks out
Off	Track Bingo!	Easy Run 5-7 Miles	Pacing Run 6 Miles @Marathon Pace	Workout with Kirsten	Off	Easy Long Run 14 Miles	38-40 Miles
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	13 Weeks out
Off	(1200, 1000, 800, 600)x2 all at 5k pace	Easy Run 6-8 Miles	Easy Run 8-10 Miles	Workout with Kirsten	Off	Long Run 15 Miles with middle 4@Marathon pace	44-48 miles