

Boston 2005 - Community Running

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	4 weeks out
Off	Track 5x1800 meters at 10k, 1/2 mar, mar pace <b>8 Miles</b>	Easy Run <b>4-5 Miles</b>	Easy Run <b>7-8 Miles</b>	Workout with Kirsten	Off	Long Run <b>22 Miles</b> from Hopkinton to Brookline	49-51 Miles
28-Mar	29-Mar	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	3 weeks out
Off	2 x 1 mile @ 10k pace, Pursuit Game!!!	Easy Run <b>4-5 Miles</b>	Pacing Run <b>8 Miles</b> @ Marathon pace	Workout with Kirsten	Off	Easy Long Run <b>12-15 Miles</b>	36-41 Miles
4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	2 Weeks out
Off	Track 8 x 800 meters at 5-mile pace <b>7-8 Miles</b>	Off	Easy Run <b>7-8 Miles</b>	Workout with Kirsten	Off	Easy Long Run <b>8-10 Miles</b>	28-33 Miles
11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	1 Week out
Off	Track 2x 1 mile at marathon pace <b>4-5 Miles</b>	Off	<b>4-5 mile</b> easy run	Workout with Kirsten	Off	This is the last Saturday before the Marathon-- go to the Expo and have fun!	11-14 miles