

CLARENDON 2010

Wk	Date	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	14-Jun 20-Jun	Rest	Easy Run Dist: 2mi @9:46	swim	Easy Run Dist: 2mi @9:46	Rest	Core dvd	Easy Run Dist: 2mi @9:46	6 mi
2	21-Jun 27-Jun	Rest	Easy Run Dist: 2mi @9:46	swim	Easy Run Dist: 2mi @9:46	Rest	Core dvd	Easy Run Dist: 3mi @9:46	7 mi
3	28-Jun 04-Jul	Rest	Easy Run Dist: 2mi @9:46	swim	Easy Run Dist: 3mi @9:46	Rest	Core dvd	Easy Run Dist: 4mi @9:46	9 mi
4	05-Jul 11-Jul	Rest	Easy Run Dist: 2mi @9:46	swim	Easy Run Dist: 3mi @9:46	Rest	Core dvd	Easy Run Dist: 5mi @9:46	10 mi
5	12-Jul 18-Jul	Rest	Easy Run Dist: 2mi @9:40	swim	Tempo Run Dist: 5mi, inc Warm; 3mi@8:09; Cool	Rest	Core dvd	Long Run Dist: 6mi @9:40	13 mi
6	19-Jul 25-Jul KYTH	Rest	Easy Run Dist: 2mi @9:40	swim	Speedwork Dist: 5mi, inc Warm; 2x1600@7:42 w/800 jogs; Cool	Rest	Rest	Long Run Dist: 6mi @9:40	13 mi
7	26-Jul 01-Aug KYTH	Rest	Easy Run Dist: 2mi @9:40	swim	Tempo Run Dist: 5mi, inc Warm; 3mi@8:09; Cool	Rest	Rest	Long Run Dist: 7mi @9:40	14 mi
8	02-Aug 08-Aug	Rest	Easy Run Dist: 3mi @9:40	swim	Easy Run Dist: 3mi @9:40	Rest	Core dvd	Easy Run Dist: 4mi @9:40	10 mi
9	09-Aug 15-Aug	Rest	Easy Run Dist: 2mi @9:35	swim	Tempo Run Dist: 6mi, inc Warm; 4mi@8:09; Cool	Rest	Core dvd	Long Run Dist: 7mi @9:35	15 mi
10	16-Aug 22-Aug	Rest	Easy Run Dist: 2mi @9:35	swim	Speedwork Dist: 7mi, inc Warm; 3x1600@7:37 w/800 jogs; Cool	Rest	Core dvd	Long Run Dist: 8mi @9:35	17 mi
11	23-Aug 29-Aug	Rest	Easy Run Dist: 2mi @9:35	swim	Tempo Run Dist: 6mi, inc Warm; 4mi@8:09; Cool	Easy Run Dist: 2mi @9:35	Core dvd	Long Run Dist: 8mi @9:35	18 mi
12	30-Aug 05-Sep	Rest	Easy Run Dist: 4mi @9:35	swim	Easy Run Dist: 4mi @9:35	Rest	Core dvd	Easy Run Dist: 4mi @9:35	12 mi
13	06-Sep 12-Sep	Rest	Easy Run Dist: 2mi @9:29	swim	Tempo Run Dist: 7mi, inc Warm; 5mi@8:08; Cool	Easy Run Dist: 2mi @9:29	Core dvd	Long Run Dist: 9mi @9:29	20 mi
14	13-Sep 19-Sep	Rest	Easy Run Dist: 2mi @9:29	swim	Speedwork Dist: 8mi, inc Warm; 4x1600@7:32 w/800 jogs; Cool	Easy Run Dist: 2mi @9:29	Core dvd	Long Run Dist: 9mi @9:29	21 mi
15	20-Sep 26-Sep	Rest	Easy Run Dist: 2mi @9:29	swim	Tempo Run Dist: 7mi, inc Warm; 5mi@8:08; Cool	Easy Run Dist: 2mi @9:29	Core dvd	Long Run Dist: 10mi @9:29	21 mi
16	27-Sep 03-Oct	Rest	Easy Run Dist: 2mi @9:46	swim	Tempo Run Dist: 5mi, inc Warm; 3mi@8:14; Cool	Rest	Rest	Race Day Half-Mara	20 mi