

Training Program as of June 24, 3009
 Hamptons Half Marathon, September 26, 2009

Wk	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	
1	7/12 7/18	XT Swim	Rest	C3Shape Circuit Training	Easy Run 2 mi @ 10:11	Tempo Run 5 mi: Warm; 3 mi @ 8:37; Cool	Rest	Long Run 7 mi @ 10:11	Easy Run 2 mi @ 10:11	16 miles
2	7/19 7/25	Speedwork 5 mi: Warm; 2x1600 @ 8:08 w/ 800; Cool	XT Pilates	C3Shape Circuit Training	Easy Run 3 mi @ 10:11	Easy Run 3 mi @ 10:11	Rest	Long Run 7 mi @ 10:11	Rest	18 miles
3	7/26 8/1	Easy Run 3 mi @ 10:11	XT Pilates		Easy Run 3 mi @ 10:11	Tempo Run 5 mi: Warm; 3 mi @ 8:37; Cool	Rest	Long Run 8 mi @ 10:11	Rest	19 miles
4	8/2 8/8	Tempo Run 6 mi: Warm; 4 mi @ 8:42; Cool	XT Pilates or Volleyball	C3Shape Circuit Training	Easy Run 3 mi @ 10:11	Easy Run 4 mi @ 10:11	Rest	Long Run 8 mi @ 10:11	Rest	21 miles
5	8/9 8/15	Speedwork 7 mi: Warm; 3x1600 @ 8:03 w/ 800; Cool	XT Pilates or Volleyball	C3Shape Circuit Training	Easy Run 3 mi @ 10:05	Rest	Rest	Long Run 9 mi @ 10:05	Easy Run 3 mi @ 10:05	22 miles
6	8/16 8/22	Rest	XT Pilates or Volleyball	C3Shape Circuit Training	Easy Run 4 mi @ 10:05	Easy Run 5 mi @ 10:05	Rest	Easy Run 4 mi @ 10:05	Easy Run 5 mi @ 10:05	18 miles
7	8/23 8/29	Rest	XT Pilates or Volleyball	C3Shape Circuit Training	Easy Run 4 mi @ 10:05	Tempo Run 6 mi: Warm; 4 mi @ 8:37; Cool	Rest	Long Run 9 mi @ 10:05	Easy Run 5 mi @ 10:05	24 miles
8	8/30 9/5	Rest	XT Pilates or Volleyball	C3Shape Circuit Training	Easy Run 4 mi @ 10:05	Easy Run 4 mi @ 10:05	Rest	Long Run 10 mi @ 10:05	Tempo Run 7 mi: Warm; 5 mi @ 8:42; Cool	25 miles
9	9/6 9/12	XT Swim	Speedwork 8 mi: Warm; 4x1600 @ 7:59 w/ 800; Cool	C3Shape Circuit Training	Easy Run 3 mi @ 9:59	Easy Run 3 mi @ 9:59	Rest	Long Run 10 mi @ 9:59	Easy Run 3 mi @ 9:59	27 miles
10	9/13 9/19	Easy Run 3 mi @ 9:59	XT Pilates or Volleyball		Easy Run 3 mi @ 9:59	Tempo Run 7 mi: Warm; 5 mi @ 8:36; Cool	Easy Run 4 mi @ 9:59	Long Run 11 mi @ 9:59	Rest	28 miles
11	9/20 9/26	Race Day Hoban 5 mi @ 8:00	XT Pilates or Volleyball		Easy Run 3 mi @ 10:11	Easy Run 3 mi @ 10:11	Rest	Rest	Race Day Hamptons Half @ 8:40	24 miles

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