

January

2008 Beyond High Intensity



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 1 mile E 2 x 1.50 LT 1 mile E OR One One Run	2 8 miles E	3 Rest or Cross Train	4 4 miles E 4 to 6 Stride-outs	5 13 miles E
6 4 miles E 4 to 6 Stride-outs	7 4 miles E or Rest or Cross Train	8 1 mile E 2 x 1.75 mile LT 1 mile E	9 9 miles E	10 Rest or Cross Train	11 4 miles E 4 to 6 Stride-outs	12 14 miles E
13 4 miles E 4 to 6 Stride-outs	14 4 miles E or Rest or Cross Train	15 1 mile E 4 x .75 miles VO2 1 mile E	16 10 miles E	17 Rest or Cross Train	18 4 miles E 4 to 6 Stride-outs 4	19 10 miles P
20 4 miles E 4 to 6 Stride-outs	21 4 miles E or Rest or Cross Train	22 2 mile E 2 x 2 miles LT 1 mile E	23 10 miles E	24 Rest or Cross Train	25 4 miles E 4 to 6 Stride-outs	26 16 miles E
27 4 miles E 4 to 6 Stride-outs	28 4 miles E or Rest or Cross Train	29 1 mile E 4 x 1600 VO2 1 mile E	30 10 miles E	31 Rest or Cross Train		

E = Easy Run; T= Tempo Run; LT = Lactate Threshold Interval; P= Marathon Pace Run; VO2 = VO2 max Run; S = Sprint Run

2008

February

2008 Beyond High Intensity



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 4 miles E 4 to 6 Stride-outs	2 18 miles E
3 4 miles E 4 to 6 Stride-outs	4 5 miles E or Rest or Cross Train	5 1miles E 4 miles T 1mile E	6 11 miles E	7 Rest or Cross Train	8 2 miles E 4 x 200 Decline 1 mile E	9 12 miles P
10 4 miles E 4 to 6 Stride-outs	11 5 miles E or Rest or Cross Train	12 2 miles E 2 x 1.5 LT 2 miles E	13 11 miles E	14 Rest or Cross Train	15 5 miles E 4 to 6 Stride-outs	16 20 miles E
17 4 miles E 4 to 6 Stride-outs	18 5 miles E or Rest or Cross Train	19 2 miles E 6 x 200 Decline 4 miles E	20 12 miles E	21 Rest or Cross Train	22 5 miles E 4 to 6 Stride-outs	23 1 mile E, 30 min T, 60 min E, 20 min T, 1 mile E
24 4 miles E 4 to 6 Stride-outs	25 5 miles E or Rest or Cross Train	26 _ mile E 15 min T 30 min E 15 min T _ mile E	27 12 miles E	28 Rest or Cross Train	29 5 miles E 4 to 6 Stride-outs	

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2008

March

2008 Beyond High Intensity



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 15 miles E
2 4 miles E 4 to 6 Stride-outs	3 5 miles E or Rest or Cross Train	4 2 mile E 4 x .5 mile LT 30 min E 4 x .5 mile LT 1 mile E	5 10 miles E	6 Rest or Cross Train	7 2 miles E 6 x 200 Decline 1 mile E	8 20 miles E
9 4 miles E 4 to 6 Stride-outs	10 5 miles E or Rest or Cross Train	11 2 miles E 6 x 200 Decline 4 miles E	12 10 miles E to P	13 Rest or Cross Train	14 5 miles E 4 to 6 Stride-outs	15 16 miles E
16 4 miles E 4 to 6 Stride-outs	17 5 miles E or Rest or Cross Train	18 _ mile E 15 min T 30 min E 15 min T _ mile E	19 12 miles E	20 Rest or Cross Train	21 2 miles E 6 x 200 Decline 1 mile E	22 13 miles P
23 4 miles E 4 to 6 Stride-outs	24 5 miles E or Rest or Cross Train	25 2 mile E 4 x .75 VO2 1 mile E	26 10 miles E	27 Rest or Cross Train	28 4 miles E	29 22 Miles E OR 2-Person Kal-Haven Relay + 6
30 4 miles E 4 to 6 Stride-outs	31 5 miles E or Rest or Cross Train					

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2008

April

2008 Beyond High Intensity



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 2 miles E 4 x 200 decline 1 mile E	2 _ mile E 2 x 15 min T _ mile E	3 Rest or Cross Train	4 5 miles E 4 to 6 Stride-outs	5 14 Miles E
6 4 Miles E 4 to 6 stride outs Martian Marathon	7 5 miles E or rest or Cross Train	8 1 mile E 3 x 1600 VO2 1 mile E	9 6 miles E	10 Rest or Cross Train	11 4 miles E	12 10 Miles E
13 4 Miles E 4 to 6 Stride-outs Glass City Marathon	14 4 Miles E	15 2 miles E 2 miles P 3 miles E	16 Rest	17 3 miles E	18 Rest	19 3 miles E
20 Rest Kentucky Derby Marathon	21 Boston Marathon	22	23	24	25	26
27	28	29	30			
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