

December

2008 Beyond Moderate



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Orientation & Blast-Off Party!	6	7	8 Gait Analysis Clinic at KVO
9	10	11	12	13	14	15 8 miles E Gait Analysis Clinic at KVO
16 4 miles E	17 Rest or Cross Train	18 5 miles E	19 5 miles E	20 Rest or Cross Train	21 4 miles E	22 9 miles E
23 4 miles E	24 Rest or Cross Train	25 1 mile E 20 min T 1 mile E	26 5 miles E	27 Rest or Cross Train	28 4 miles E	29 9 miles E
30 4 miles E 4 to 6 Stride-outs	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

2007

January

2008 Beyond Moderate



<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 20 min T 1 mile E OR One One Run	2 6 miles E	3 Rest or Cross Train	4 4 miles E 4 to 6 Stride-outs	5 10 miles E
6 4 miles E 4 to 6 Stride-outs	7 Rest or Cross Train	8 1 mile E 20 min T 2 miles E	9 6 miles E	10 Rest or Cross Train	11 4 miles E 4 to 6 Stride-outs	12 10 miles E
13 4 miles E 4 to 6 Stride-outs	14 Rest or Cross Train	15 1 mile E 2 x 1 mile LT 1 mile E	16 7 miles E	17 Rest or Cross Train	18 4 miles E 4 to 6 Stride-outs 4	19 11 miles P
20 4 miles E 4 to 6 Stride-outs	21 Rest or Cross Train	22 2 mile E 2 x 1 mile LT 1 mile E	23 7 miles E	24 Rest or Cross Train	25 4 miles E 4 to 6 Stride-outs	26 12 miles E
27 4 miles E 4 to 6 Stride-outs	28 Rest or Cross Train	29 1 mile E 25 min T 1 mile E	30 7 miles E	31 Rest or Cross Train		

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2008

February

2008 Beyond Moderate



<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 13 miles E
3 4 miles E 4 to 6 Stride-outs	4 Rest or Cross Train	5 2miles E 30 min T 1 mile E	6 8 miles E	7 Rest or Cross Train	8 4 miles E 4 to 6 Stride-outs	9 10 miles P
10 4 miles E 4 to 6 Stride-outs	11 Rest or Cross Train	12 1 mile E 4 x .5 LT 1 miles E	13 9 miles E	14 Rest or Cross Train	15 4 miles E 4 to 6 Stride-outs	16 15 miles E
17 4 miles E 4 to 6 Stride-outs	18 Rest or Cross Train	19 2 miles E 2 x 1.5 mile LT 1 miles E	20 9 miles E to P	21 Rest or Cross Train	22 4 miles E 4 to 6 Stride-outs	23 16 miles E
24 4 miles E 4 to 6 Stride-outs	25 Rest or Cross Train	26 1 mile E 15 min LT 10 min E 15 min T 1 mile E	27 9 miles E	28 Rest or Cross Train	29 5 miles E 4 to 6 Stride-outs	

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2008

March

2008 Beyond Moderate



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 18 miles E
2 4 miles E 4 to 6 Stride-outs	3 Rest or Cross Train	4 1 mile E 3 x 1.5 mile LT 1 mile E	5 10 miles E	6 Rest or Cross Train	7 5 miles E 4 to 6 Stride-outs	8 20 miles E
9 4 miles E 4 to 6 Stride-outs	10 Rest or Cross Train	11 2 miles E 4 x 1 mile LT 1 mile E	12 10 miles E	13 Rest or Cross Train	14 5 miles E 4 to 6 Stride-outs	15 12 miles P
16 4 miles E 4 to 6 Stride-outs	17 Rest or Cross Train	18 _ mile E 4 x .5 LT 20 min E 4 x .5 LT _ mile E	19 12 miles E	20 Rest or Cross Train	21 2 miles E 6 x 200 Decline 1 mile E	22 14 miles E
23 4 miles E 4 to 6 Stride-outs	24 Rest or Cross Train	25 2 mile E 3 x 1 mile LT 2 mile E	26 10 miles E	27 Rest or Cross Train	28 4 miles E	29 20 Miles E OR 2-Person Kal-Haven Trail Relay + 4
30 4 miles E 4 to 6 Stride-outs	31 Rest or Cross Train					

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2008

April

2008 Beyond Moderate



<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 2 x 2 miles LT 2 mile E	2 9 miles E to P	3 Rest or Cross Train	4 4 miles E	5 12 Miles E
6 4 Miles E 4 to 6 stride outs Martian Marathon	7 Rest or Cross Train	8 2 miles E 2 x 1.5 mile LT 3 mile E	9 8 miles E to P	10 Rest or Cross Train	11 4 miles E	12 8 Miles E
13 4 Miles E Glass City Marathon	14 Rest or Cross Train	15 2 miles E 2 miles P 2 miles E	16 Rest	17 3 miles E	18 Rest	19 3 miles E
20 Kentucky Derby Marathon	21 Boston Marathon	22	23	24	25	26
27	28	29	30			

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