

Weeks Til Marathon			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Miles
12	Endurance	March 14-March 20	18	rest	Jazzercise	8	9	5	rest	40
			long run 9:40-10:40			w/10x100m stride pace (22-25 per100)	easy run 9:40-10:10	recovery: 10:40 pace		
		Actual:	20	4		8	3	9		44
11		March 21-March 27	13	5	Jazzercise	11	Jazzercise	8	rest	37
			w/8 miles at marathon 9:10	recovery: 10:40 pace		easy run 9:40-10:10		w/4 miles @15k pace 8:30		
		Actual:								0
10		March 28-April 3	15	4	Jazzercise	8	11	4	rest	42
			long run 9:40-10:40	recovery: 10:40 pace		w/10x100m stride pace (22-25 per100)	easy run 9:40-10:10	recovery: 10:40 pace		
		Actual:								0
9	Lactate Threshold	April 4-April 10	16	5	Jazzercise	10	11	5	rest	47
			w/10 miles at 9:10	recovery: 10:40 pace		w/5 @15k 8:30	easy run 9:40-10:10	recovery: 10:40 pace		
		Actual:								0
8		April 11-April 17	13.1	5	Jazzercise	12	Jazzercise	9	rest	39.1
			Holy Half Marathon Goal time: 1:53	recovery: 10:40 pace		easy run 9:40-10:10		w/4 miles @15k pace 8:30		
		Actual:								0
7		April 18-April 24	17	5	Jazzercise	10	12	6	rest	50
			long run 9:40-10:40	recovery: 10:40 pace		w/5x1000 @5k 8:00	easy run 9:40-10:10	w/6x100 strides (22-25s per 100)		
		Actual:								0
6	Race Preparation	April 25-May 1	20	5	6	12	Jazzercise	12	rest	55
			long run 9:40-10:40	recovery: 10:40 pace	w/6x100 strides (22-25s per 100)	easy run 9:40-10:10		w/7 miles @15k pace 8:30		
		Actual:								0
5		May 2-May 8	15	4	8	11	Jazzercise	9.2	rest	47.2
			w/12 miles at 9:10	w/6x100 strides	w/5x600 @ 5k 8:00	easy run 9:40-10:10		race		
		Actual:								0
4		May 9-May 15	17	4	7	10	Jazzercise	11	rest	49
			long run 9:40-10:40	recovery: 10:40 pace	w/6x100 strides (22-25s per 100)	w/4x1200 @5k pace 8:30		easy run 9:40-10:10		
		Actual:								0
3	Taper	May 16-22	26.2	rest	Jazzercise	6	Jazzercise	4	rest	36.2
			Rockford Marathon			w/5x600 @ 5k 8:00		w/6x100 strides (22-25s per 100)		
		Actual:								0
2		May 23-May 29	16	3	4	5	Jazzercise	4	rest	32
			long run 9:40-10:40	recovery: 10:40 pace	w/8x100 strides (22-25s per 100)	w/3x1600 @5k 8:30		w/6x100 strides (22-25s per 100)		
		Actual:								0
1		May 30-June 5	12	3	Jazzercise	6	5	3	rest	29
			long run 9:40-10:40	recovery: 10:40 pace		w/2 miles at marathon pace 9:10	w/6x100 strides (22-25s per 100)	easy run 9:40-10:10		
		Actual:								0
		Jun 6, 2010	San Diego Marathon 26.2							