

RUN Training

GOAL: Seattle Marathon
Sunday, November 29, 2009

NOTE: M, W and F workouts are gym workouts (though the run is outside) and include weight training. Outside on bike when possible. Tuesday track distances *include* 1600m warm-up and 800m cooldown.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	Swim		600 m		800 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 4.5 mi	3 mile	3-6 mi tempo	Rest
17	Swim		400 m		800 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 3.75 mi	3 mile	3-6 mi hill	Rest
16	Swim		400 m		1200 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 4.5 mi	3 mile	3-6 mi tempo	Rest
15	Swim		600 m		800 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 4.5 mi	3 mile	3-6 mi hill	Rest
14	Swim		600 m		600 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 4.5 mi	3 mile	3-6 mi tempo	Rest
13	Swim		400 m		1200 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 4.5 mi	3 mile	3-6 mi hill	Rest
12	Swim		600 m		400 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 4.5 mi	3 mile	3-6 mi tempo	Rest
11	Swim		600 m		800 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 4.625 mi	3 mile	3-6 mi hill	Rest

RUN Training

GOAL: Seattle Marathon
Sunday, November 29, 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	Swim		600 m		800 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 5.5 mi	3 mile	3-6 mi tempo	Rest
9	Swim		400 m		800 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 3.75 mi	3 mile	3-6 mi pace	Rest
8	Swim		400 m		1200 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 5.5 mi	3 mile	3-6 mi tempo	Rest
7	Swim		600 m		800 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 3.75 mi	3 mile	3-6 mi hill	Rest
6	Swim		600 m		600 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 5.5 mi	3 mile	3-6 mi tempo	Rest
5	Swim		400 m		1200 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 4.5 mi	3 mile	3-6 mi hill	Rest
4	Swim		600 m		400 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 5 mi	3 mile	3-6 mi tempo	Rest
3	Swim		600 m		800 m		
	Bike		1 hr spin		45 min spin		
	Run	Rest	3 mile	Track: 5 mi	3 mile	3-6 mi tempo	Rest

RUN Training

GOAL: Seattle Marathon
Sunday, November 29, 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2	Swim	400 m		1200 m				
	Bike	1 hr spin		45 min spin				
	Run	Rest	3 mile	Track: 6 mi	3 mile	3-6 mi tempo	Rest	8-10 mile
1	Swim	800 m						
	Bike							
	Run	Rest	3 mile	Track: 3 mi	3 mile	2 mi	Rest	Rest
	Swim							
	Bike							
	Run	RACE DAY!			2 mi		13 mi (OUC Half)	
	Swim	600 m		800 m				
	Bike	1 hr spin		45 min spin				
	Run	Rest	2 mile	Track: 4 mi	3 mile	3-6 mi pace	Rest	4-6 mile
	Swim	600 m		600 m				
	Bike	1 hr spin		45 min spin				
	Run	Rest	3 mile	Track: 4.25 mi	3 mile	3-6 mi hill	Rest	6-10 mile
	Swim	400 m		1200 m				
	Bike	1 hr spin		45 min spin				
	Run	Rest	3 mile	Track: 4.5 mi	3 mile	3-6 mi tempo	Rest	10 mile
	Swim	600 m		400 m				
	Bike	1 hr spin		45 min spin				
	Run	Rest	3 mile	Track: 3 mi	3 mile	3-6 mi tempo	Rest	8-10 mile
	Swim	600 m		800 m				
	Bike	1 hr spin		45 min spin				
	Run	Rest	3 mile	Track: 3 mi	3 mile	2 mi	Rest	Whatev...