

Week	LSD	Recovery	Track	Cross Train	Tempo	Rest	Cross Train	Total
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Week 1 - March 22	4	4	2	X-Train	3	REST	X-Train	13
actuals/results	3/22: 2.4 miles, 22:15, 9:16 average	3/23: 4.0 miles, 39:09, 9:47 average	REST	Jog to Track, then sprints at Track	3/26: 2.4 miles, 21:55, 9:07 average	1 mile	REST	8.8
Week 2 - March 29	6	4	2	X-Train	3	REST	X-Train	15
	REST	3/30: 4.0 miles, 38:07, 9:32 average	REST	Jog to Track, then sprints at Track	4/2: 3.1 miles, 28:51, 9:18 average	REST	REST	7.1
Week 3 - April 5	7	4	3	X-Train	3	REST	X-Train	17
	4/5: 6.0 miles, 56:55, 9:29 average	4/6: 4.0 miles, 35:40, 8:55 average	weights in basement	Jog to Track, then sprints at Track	4/9: 3.1 miles, 28:29, 9:11 average	REST	Help Dad Move	13.1
Week 4 - April 12	7	4	3	X-Train	5	REST	X-Train	19
	4/12: 7.09 miles, 1:08:31, 9:39 average	REST	4/14: 4 miles, 39:15, 9:48 average	4/15: 3.11 miles, 28:09, 9:03 average	REST	REST	4/18: 8.05 miles, 1:18:59, 9:48 average	22.25
Week 5 - April 19	8	4	4	X-Train	5	REST	X-Train	21
	REST	REST	4/21: 4.38 miles, 39:25, 9:00 average	4/22: 4.38 miles, 39:03, 8:55 average	5	rest		
Week 6 - April 26	8	6	4	X-Train	5	REST	X-Train	23
Week 7 - May 3	10	6	4	X-Train	5	REST	X-Train	25
Week 8 - May 10	6	4	2	X-Train	3	REST	REST	15
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