

			Mileage guess	
04.20.08	PreRun	LM, LL		
Monday	Workout	35 minutes easy, then 5x15 seconds at 80% up a gentle hill near your house, finishing at 50 min, then right into Big 12 and 1st 20	7	
	Post Workout	see above		
	PM Workout	Back routine and Myrtl		
04.21.08	PreRun	LM, LL, Neural Rooster; 20 min WU, then Aerobic Work WU; change into Luna Racers		
Tuesday	Workout	6,400m LT workout: 2 laps at 94, 2 laps at 93, 4 laps at 92, 6 laps at 90, then the last 800m run 4x200m with each 200m faster than the last; you should be at 95% on the last 200m, but not all out. Walk 30 sec then HR for 20 sec; jog 400m, then change into trainers; 6x150m Hills at 25.0 with 2 min recovery and backwards skipping. Then right into SV Leg Circuit and Jupiter; then 15 min cool, then Big 12, Pedestal and Back routine	9	
	Post Workout	see above		
	PM Workout	LM, LL, Myrtl then 20 minutes easy, then 3x1 min at 6:00 pace with 3 min easy between them; finish running at 30 minute mark then 1st 20	4	
	Pre-Sleep	Nothing		
04.22.08	Pre-Run	LM, LL and Mytl		
Wednesday	Workout	50 min run...run 20 min STUPID easy, then you can move to normal easy pace...you can do 3x1 min at 6 min pace if you're board, but yesterday was really intense...go right into 1st 20 and then Back routine	7	
	Post-Run	see above		
	Pre-Sleep	sleepy time		
04.23.08	Pre-Run	LM, LL and 20 min WU, then Comp WU plus 6 sprint drill, then Plyo Accels and MT Plyos; change into spikes		
Thursday	Workout	3x150m, end with 50m at 97%; 3x70m at max from a falling start; 3-4 min walk; 4x120m with run in at 95% with 100m walk, 100m jog, then ; change shoes, then 1x6xHM Plyo Style at 85%; 5x5 MT PLYO with 12/12/12/4k/4k with 2 min recoveries; 20 min run then Jupiter and First 20	8	
	Post-Run	see above		
	Pre-sleep	back and AIS...nice and gentle AIS, but it will be helpful today		
04.24.08	PreRun	LM, LL and 20 min, then Comp WU with 6 sprint drills		
Friday	Workout	500m TT; 64's through 350 then time the last 120m; 10 minutes; 4x400m with 500m jog with a big run in; 12 min; 2x600m with first 400m at 68 then fast and controlled the last 200m; 800m jog/5 min between. Jog 800m in trainers, then 1x4xHM at 95%; jog 15 min, then Myrtl then go lift	8	
	Post Workout	Power Circuit at Home: LM and LL then 15 minute run, then Skipping WU near home, then Myrtl. Then 3x(4 rocket jumps with 6 lb MB overhead, 4 normal rocket jumps; 6 MB HT with 12 lb; 10 MB HT with 6 lb) with 2 min recovery between circuits, then do the Super 5 (rockies with V-ups), then run 15 min easy, then Grant Green.		
	Pre-Sleep	Sleepytime and then AIS		
04.25.08	Pre-Run	LM, LL and Myrtl		
Saturday	Workout	70 min easy run with 5x1 min at 6:00 pace with 3-4 min easy, sometime after the 35 min mark, then straight into SV Leg Circuit, Core H, Jupiter, Grant Green. Key is to keep the run easy but have no break between the run and the GS	10	
	Post-Run	see above		
	Pre-Sleep	Sleepytime and then AIS		
04.26.08	Pre-Run	LM, LL		
Sunday	Workout	50 min easy run then straight into 1st 20 - that's it!!!	7	60
	Post-Run	see above		
	Pre-Sleep	Nothing		
04.27.08	Pre-Run	LM, LL and Myrtl		
Monday	Workout	55 minute easy run including 4x30 sec at 3k pace with 90 sec slow, sometime after the 35 minute mark.		
	Post-Run	Super 5 (Rockies and V-Ups), 2xVern Leg Circuit (no rest, but don't go nuts) and Grant Green.		
	Pre-Sleep	Sleepytime and AIS		
04.28.09	Pre-Run	LM, LL then 20 minute run, then Comp WU then 3x150m as we've been doing.		
Tuesday	Workout	700m (standing start); 12 min; 3x400m with 400m jog (run-in); 8 min; 4x200m (standing start) with 200m slow jog		
	Post-Run	6xHM Plyo at 80%; 15 min easy then fence drills from Myrtl; drive to Dal Ward and lift		
	Pre-Sleep	LM, Back and Sleepytime and AIS (20 minutes)		
04.29.09	Pre-Run	LM, LL then 20 minutes then Aerobic Work WU; run in Luna Racers		
Wednesday	Workout	14 laps (5,600m) at 6:16 pace with 120s at sub 20 before 1,200m/2,400m/3,600m...no faster than 94's after 3,600m please. Walk 15 sec then HR for 15 sec; jog 400m then 2x(4xHM Plyo Style at 95%; 90 sec; 4xMT Plyo front throw (4k) from 6"; 90 sec; 4xMT Plyo OHBSP; rest 3 min); change shoes, jog 15 minutes then 1st 20.		

	Post-Run	See above			
	Pre-Sleep	Sleepytime			
04.30.09	Pre-Run	LM, LL			
Thursday	Workout	50 min run			
	Post-Run	Grant Green			
	Pre-sleep				
05.01.09	Pre-Run	LM, LL then 20 minutes			
Friday	Workout	SV Competition WU; then change into spikes, then 3x150m In-n-Outs finishing at 92%; then 3x200m at 34.0 with a run-in(!!!) with 200m SLOW jog; jog 400m easy, then 2x120m at 95% making sure you're running fastest in the last 50m (time them, but DO NOT look at your watch until after both of them...go off of fee); change shoes, jog 15 min, then Grant Green			
	Post-Run	see above			
	Pre-sleep	Back, Myrtl			
05.02.09	Pre-Run	SV AM			
Saturday	Workout	Stanford 1,500m			
	Post-Run				
	Pre-Sleep				
05.03.09	Pre-Run				
Sunday	Workout	Sara - help me remember what we did? 500's at 1:40 then 600 jog? i remember the total was 5,600m			
	Post-Run				
	Pre-Sleep				
Monday	Pre-Run	LM, LL			
	Workout	70 min total; 50 running and 20 min easy GS			
	Post-Run				
	Pre-Sleep				
Tuesday	Pre-Run	LM, LL and Myrtl then 20 minutes then just Skipping WU; Luna Racers and 3x150m In-n-outs			
	Workout	1,600m with 1,400m at 6:00 pace then 200m "fun fast" - jog 1,200m easy, then repeat with 200m at 93%; jog 800m; 3x120m at 19-20 in Lunas; change shoes, jog 10-15 minutes then Core F and Grant Green			
	Post-Run	see above			
	Pre-Sleep	Sleepytime			
05.06.09	Pre-Run	LM, LL and Myrtl			
Wednesday	Workout	45 minute run on South Boulder with 3-5x1 min sec at 6:00 pace with 2 min easy, then Comp WU on the track, then 800m easy then Grant Green as your cool...that's it!!			
	Post-Run	see above			
	Pre-Sleep				
05.07.09	AM	SV AM...run the course? Know where 400m and 200m to go is. I can help you with this via Google maps and StreetView			
Thursday	Race	USATF Road Mile Champs: Normal Comp WU, but strides will have to be by feel			
	Post-Run	Cool with someone (Sara Hall?) then Grant Green			
	Pre-sleep				
05.08.09	Pre-Run	LM, LL and Myrtl			
Friday	Workout	50-65 minute run...5x1 min at 6:00 pace with 2-3 min easy if you'd like, but not necessary.			
	Post-Run	Core H and Grant Green			
	Airport	Wall portion of Myrtl and self message on IT/quads/calves if you're not too embarrassed			
	Pre-Sleep	Sleepytime...with extra foam rolling work			
05.09.09	Pre-Run	LM, LL and Myrtl			
Saturday	Workout	40-65 minutes with KBCO group....ideally you'd run 55 min easy			
	Post-Run	Core F, Jupiter, First 20			
	Pre-Sleep	Nothing!			
05.10.09	Mother's Day	Day off - Enjoy!			
Sunday					