





	<b>Aug-13</b>	2-Veteran	9							9			9				
	<b>Aug-14</b>	2-Veteran	17							17			17				
	<b>Aug-15</b>	2-Veteran	0: Recovery									0	0				
<b>10 Total</b>										<b>7</b>	<b>6</b>	<b>0</b>	<b>4</b>	<b>9</b>	<b>17</b>	<b>0</b>	<b>43</b>
<b>11</b>	<b>Aug-16</b>	2-Veteran	7							7							7
	<b>Aug-17</b>	2-Veteran	7: 6-8x(1 mile @Tempo) <REST 1 min>								7						7
	<b>Aug-18</b>	2-Veteran	0: Cross train									0					0
	<b>Aug-19</b>	2-Veteran	5: 3x(1 mi @10k; 800m @5k <REST 3 min>)										5				5
	<b>Aug-20</b>	2-Veteran	10											10			10
	<b>Aug-21</b>	2-Veteran	18												18		18
	<b>Aug-22</b>	2-Veteran	0: Recovery													0	0
<b>11 Total</b>										<b>7</b>	<b>7</b>	<b>0</b>	<b>5</b>	<b>10</b>	<b>18</b>	<b>0</b>	<b>47</b>
<b>12</b>	<b>Aug-23</b>	2-Veteran	7							7							7
	<b>Aug-24</b>	2-Veteran	5: 4x(400m @10k; 2x(400 @5k); 400m @mile <REST 2 min>)										5				5
	<b>Aug-25</b>	2-Veteran	0: Cross train												0		0
	<b>Aug-26</b>	2-Veteran	5: 1 mi @Tempo; Fartlek minutes: 1-0.5; 2-1; 3-1.5; 3-1.5; 2-1; 1-0.5 @easy/hard; 1 mi @Tempo											5			5
	<b>Aug-27</b>	2-Veteran	6											6			6
	<b>Aug-28</b>	2-Veteran	12												12		12
	<b>Aug-29</b>	2-Veteran	0: Recovery													0	0
<b>12 Total</b>										<b>7</b>	<b>5</b>	<b>0</b>	<b>5</b>	<b>6</b>	<b>12</b>	<b>0</b>	<b>35</b>
<b>13</b>	<b>Aug-30</b>	2-Veteran	7							7							7
	<b>Aug-31</b>	2-Veteran	9: 1 mile @10k; 6-8 mile @MP; 1 mile @10k <REST 2 min>										9				9
	<b>Sep-01</b>	2-Veteran	0: Cross train												0		0
	<b>Sep-02</b>	2-Veteran	6: progression with 3 mi @Tempo											6			6
	<b>Sep-03</b>	2-Veteran	10												10		10
	<b>Sep-04</b>	2-Veteran	20													20	20
	<b>Sep-05</b>	2-Veteran	0: Recovery													0	0
<b>13 Total</b>										<b>7</b>	<b>9</b>	<b>0</b>	<b>6</b>	<b>10</b>	<b>20</b>	<b>0</b>	<b>52</b>
<b>14</b>	<b>Sep-06</b>	2-Veteran	8							8							8
	<b>Sep-07</b>	2-Veteran	6: 12x(400m @5k) <REST 2 min>										6				6
	<b>Sep-08</b>	2-Veteran	0: Cross train												0		0
	<b>Sep-09</b>	2-Veteran	7: progression with 4 mi @Tempo											7			7
	<b>Sep-10</b>	2-Veteran	6											6			6
	<b>Sep-11</b>	2-Veteran	12												12		12
	<b>Sep-12</b>	2-Veteran	0: Recovery													0	0
<b>14 Total</b>										<b>8</b>	<b>6</b>	<b>0</b>	<b>7</b>	<b>6</b>	<b>12</b>	<b>0</b>	<b>39</b>
<b>15</b>	<b>Sep-13</b>	2-Veteran	8							8							8
	<b>Sep-14</b>	2-Veteran	9: 8-10x(1 miles @alternate Tempo and MP) <REST 2 min>										9				9
	<b>Sep-15</b>	2-Veteran	0: Cross train												0		0
	<b>Sep-16</b>	2-Veteran	7: progression with 5 mi @Tempo											7			7
	<b>Sep-17</b>	2-Veteran	10												10		10

	<b>Sep-18</b>	2-Veteran	20: The 20 Miler							20		20					
	<b>Sep-19</b>	2-Veteran	0: Recovery							0		0					
<b>15 Total</b>										<b>8</b>	<b>9</b>	<b>0</b>	<b>7</b>	<b>10</b>	<b>20</b>	<b>0</b>	<b>54</b>
<b>16</b>	<b>Sep-20</b>	2-Veteran	4							4							4
			6: 10x(1 min @alternate Tempo and 5k <REST 3 min>; 8x(1 min @alternate Tempo and 5k <REST 3 min>); 6x(1 min @alternate Tempo and mile <REST 2 min>); 4x(1 min @alternate Tempo and mile); 2x(1 min @alternate Tempo and best pace)								6						6
	<b>Sep-21</b>	2-Veteran	0: Cross train								0						0
	<b>Sep-22</b>	2-Veteran	0: Cross train														0
	<b>Sep-23</b>	2-Veteran	4: Hill repeats										4				4
	<b>Sep-24</b>	2-Veteran	6											6			6
	<b>Sep-25</b>	2-Veteran	12												12		12
	<b>Sep-26</b>	2-Veteran	0: Recovery													0	0
<b>16 Total</b>										<b>4</b>	<b>6</b>	<b>0</b>	<b>4</b>	<b>6</b>	<b>12</b>	<b>0</b>	<b>32</b>
<b>17</b>	<b>Sep-27</b>	2-Veteran	3							3							3
			6: 4x(200m @mile); 2x(400m @10k; 4x(200m @5k); 2x(400m @10k); 4x(200m @MP); 2x(400m @10k) <REST 1 min>								6						6
	<b>Sep-28</b>	2-Veteran	0: Cross train									0					0
	<b>Sep-29</b>	2-Veteran	0: Cross train														0
	<b>Sep-30</b>	2-Veteran	5: 1.5 mi @easy; 2x(1000m @Tempo); 1.5 mi @easy <REST 2 min>										5				5
	<b>Oct-01</b>	2-Veteran	4											4			4
	<b>Oct-02</b>	2-Veteran	8												8		8
	<b>Oct-03</b>	2-Veteran	0: Recovery													0	0
<b>17 Total</b>										<b>3</b>	<b>6</b>	<b>0</b>	<b>5</b>	<b>4</b>	<b>8</b>	<b>0</b>	<b>26</b>
<b>18</b>	<b>Oct-04</b>	2-Veteran	0: Cross train							0							0
	<b>Oct-05</b>	2-Veteran	4: 2 min @10k; 8 min @MP; 2 min @5k; 8 min @MP									4					4
	<b>Oct-06</b>	2-Veteran	4										4				4
	<b>Oct-07</b>	2-Veteran	0: Recovery											0			0
	<b>Oct-08</b>	2-Veteran	0: Recovery												0		0
	<b>Oct-09</b>	2-Veteran	2: (optional)												2		2
	<b>Oct-10</b>	2-Veteran	26.2: Race day!													26	26.2
<b>18 Total</b>										<b>0</b>	<b>4</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>26</b>	<b>36.2</b>