

Week	Date	Purpose	Workout	Other	Notes
1	2/2/2015				
	2/3/2015	Endurance	1 1/4 hour with hills	MYRTL	
	2/4/2015	Cross train	1 hour bike trainer workout and 1 X Fraioli circuit	Strength	
	2/5/2015	Endurance	1 hour trail run	MYRTL	
	2/6/2015	Endurance	1 hour plus 5 X 15 second striders	MYRTL	
	2/7/2015	Day Off			Rest day
	2/8/2015	Endurance	2 hour 15 minute hilly trail run	MYRTL	
	2	2/9/2015	Day Off		
2/10/2015		Cross train	1 hour bike trainer workout plus 1 X Fraioli circuit.	Strength	
2/11/2015		Endurance	1 hour plus 5 X 15 second striders	MYRTL	
2/12/2015		Speed	6 X 800 at 10K pace	MYRTL	
2/13/2015		Endurance	1 hour hilly trail run		Rest day
2/14/2015		Endurance	2 hour 45 minute hilly trail run	MYRTL	longest run, time-wise
2/15/2015		Day Off			Rest day
3		2/16/2015	Cross train	1 hour bike trainer workout plus 2 X Fraioli circuit	Strength
	2/17/2015	Endurance	1 hour plus 5 X 15 second striders	MYRTL	
	2/18/2015	Endurance	1 hour hilly trail run	MYRTL	
	2/19/2015	Speed	8 X 800 at 10K pace	MYRTL	
	2/20/2015	Endurance	1 hour hilly trail run	MYRTL	
	2/21/2015	Long Run	2 1/2 hour road run	MYRTL	longest run, distance-wise
	2/22/2015	Day Off			Rest day
	4	2/23/2015	Cross train	1 hour bike trainer workout plus 2 X Fraioli circuit	Strength
2/24/2015		Endurance	1 hour hilly trail run	MYRTL	
2/25/2015		Speed	1 hour hill fartlek	MYRTL	Push the uphill hard, recover on the flats and downs
2/26/2015		Endurance	1 hour plus 5 X 15 second striders	MYRTL	
2/27/2015		Endurance	1 hour hilly trail run	MYRTL	
2/28/2015		Long Run	2 hour hilly trail run, easy pace	MYRTL	
3/1/2015		Day Off			Rest day
5		3/2/2015	Cross train	1 hour aerobic trainer workout plus 1 X Fraioli circuit and single leg jumpropping	Strength
	3/3/2015	Endurance	1 hour hilly trail run	MYRTL	
	3/4/2015	Endurance	1 hour plus 5 X 15 second striders	MYRTL	
	3/5/2015	Cross train	1 hour bike trainer workout	MYRTL	
	3/6/2015	Endurance	45 minute hilly trail run	MYRTL	
	3/7/2015	Endurance	1 1/2 hour hilly trail run	MYRTL	
	3/8/2015	Day Off			Rest day
	6	3/9/2014	Travel		
3/10/2014		Taper run	30 minute easy run	MYRTL	
3/11/2014		Taper run	30 minute easy run	MYRTL	

Week	Date	Purpose	Workout	Other	Notes	
	3/12/2014	Day Off			Rest	
	3/13/2014	Race	MARATHON	MYRTL		
	3/14/2014	Day Off			Rest day	
	3/15/2014	Day Off			Rest day	