

02.26.09	Pre-Run	
Thur	Workout	OFF ;-)
Travel for 9 hours in car	Post-Run	
	Pre-Sleep	5xRockies, Back routine, AIS
02.27.09	Pre-Run	LM, LL and 4 min Alphabet
Fri	Workout	20 min WU run then do 4 excises from Tempo WU with run-outs (Wide-outs, Single Leg Squat - L; SL squat - R, Mtn.; Body Squats). Stay in training shoes. Workout is 1k/600jog/1k/600jog/1k/600jog/1k/600jog/1,600m. The K's are at 86 per 400m (5:44, 1/2 marathon pace date pace) and the 600's at 94-96 per 600m (6:16 to 6:24); the 1,600m at the end is at 85-86 and get your total time. Walk for 30 seconds, then take your HR (with your fingers on your neck) for 20 sec and log the value. Jog 800m easy, change into marathoners, then 6x200m at 34-36 with 50m jog, then 20xBody Squats and 2 min of Core H, then jog 150m and run the next 200m. Then go immediately into Helsinki (Big 12 with V-Ups) and 2x6xPedestal in your marathoners, then change shoes, jog 15 min, ending with Athena and Canonball. Long day...
	Post-Run	see above
	Pre-Sleep	Back and Myrtl
02.28.09	Pre-Run	LM and LL
Sat	Workout	50 min run to at soft/squishy HS track, then - in your trainers - run 4k (10 laps) with each 800m getting a little faster. The 200/1,600 paces are: 45/6:00, 44/5:52, 43/5:44, 42/5:36, 42/5:58. Then run 4 more laps at 6:00 pace, then walk 30 sec then take HR for 20 sec and note the number. Jog 800m EASY!!! then run 4x800m at 6:00 with Renee Leg Circuit between the 800's. Jog 800m easy, then do the work below.
	Post-Run	Jupiter MB routine and Grant Green Cool down (both new routines - see tabs below).
	Pre-Sleep	Wedding!!!
03.01.09	Pre-Run	LM, LL and 4 min Alphabet
Sun	Workout	65 minute run; at the 40 minute mark do 6x30 sec at 5:40ish followed by 90 sec at 6:00....so for 12 minutes in the middle you're running something that feels like a threshold - easy until you hit 65 (roughly 13 more minutes) then go right into Core H then Grant Green Cool (new cool - see "Warmes_Cools" tab as I've moved some stuff around
	Post-Run	See above
	Pre-Sleep	Canonball
03.02.09	Pre-Run	LM, LL and 4 min Alphabet
Mon	Workout	Simply a 50 minute run followed immediately by Helsinki, Jupiter MB routine (new routine) and Grant Green Cool. This will be 75-80 min total
	Post-Run	See above
	Pre-Sleep	Nothing!
03.03.09	Pre-Run	LM, LL and 4 min Alphabet
Tues	Workout	20 min WU run then do 4 excises from Tempo WU with run-outs (Wide-outs, Single Leg Squat - L; SL squat - R, Mtn.; Body Squats). Stay in training shoes. 4x1,600m with 400m jogs; 1,600's at 5:40-5:44 (85-86) and the jogs are up to you but you can't run any harder than you did on Friday....total time can be a LITTLE faster, but don't run harder. Since it won't be as windy this shouldn't be a problems. Walk 30 sec then HR for 20 sec. Jog 800m easy, change into marathoners, then 4x200m at 33-34 with 50m jog, then 25xBody Squats and 3 min of Core H, then jog 150m and run the next 200m. Then go immediately into 2x6xPedestal in your marathoners, then change shoes, jog 15 min, ending with Athena and Canonball. Long, but shorter than friday.
	Post-Run	see above
	When traveling	Fence exercises from Myrtl at all gas stops
03.04.09	Pre-Run	LM, LL and 4 min Alphabet
Wed	Workout	65 minute run; at the 40 minute mark do 6x30 sec at 5:40ish followed by 90 sec at 6:00....so for 12 minutes in the middle you're running something that feels like a threshold - easy until you hit 65 (roughly 13 more minutes) then go right into Core H then Grant Green Cool (new cool - see "Warmes_Cools" tab as I've moved some stuff around
	Post-Run	See above
	Pre-Sleep	Canonball
03.05.09	Pre-Run	LM, LL and 4 min Alphabet
Thursday	Workout	Simply a 50 minute run followed immediately by Helsinki, Jupiter MB routine (new routine) and Grant Green Cool. This will be 75-80 min total
	Post-Run	See above
	Pre-Sleep	Nothing!
03.06.09	Pre-Run	LM, LL and 4 min Alphabet

Friday...video'd by Middleton	Workout	20 min WU run then first two parts of Tempo WU; change into Marathoners or similar, then 4x100m at 17.0 sec (this is to get the feel for 17.0 pace) with 300m jog. Then 1,500m with 8x100m at 17.0 sec with 100m jogs at 20-21...don't worry about the time on the jogs too much, but do hit 17.0 on the 100s; if your run all 17s and 20s you'd run 4:36. You can make this "hard-ish" but don't run all out just because you're being video'd by Middleton. Get HR at the end of the 1,500m by walking 30 sec, then 20 sec of HR data; jog 1,800m in the opposite direction. Change into trainers then 2 x The Machine 1.0 with 200's at 37-38 (none under 37 pleas) and 1,800m easy between the two sets (again, run the opposite way); walk 30 sec and then 20 sec HR after each trip through the Machine, then jog another 1,800m as a cool down then go right into Helsinki (Big 12 at the end, Core H and Jupiter (MB). then rest 3-5 min (water, smoothie, etc.) then Athenia and Grant Green. That's it ;-)
	Post-Run	See above
	Pre-Sleep	2x6xPedestal, Back and Canonball
03.07.09	Pre-Run	LM, LL and 4 min of Alphabet
Saturday	Workout	14 miles - NO BAD GRAVEL...we HATE bad gravel ;-) 8 miles easy, then in the 9th mile go from Easy to 6:00 pace, then 5 miles at 6:00 pace - don't run 5:50's, just try to run 6:00. You should check in with your posture at the pace - "Am I running up tall?" and if it's comfortable say "Great! I will rock on Tuesday and I will rock on Wednesday." Following the run go immediately Renee Leg circuit #1, Core H, Jupiter, water and some quick sustenance, then Grant Green Cool....this will be 30-40 minutes of GS work, following 90 minutes of running.
	Post-Run	See above
	Pre-Sleep	Back, Canonball (yes, some exercises are the same, but I want you doing both - lots of "posterior chain" work)
03.08.09		
Sunday		Stupid easy 50 min with 10 min GS following the run
Monday		
03.09.09	Pre-Run	LM, LL and 4 min of Alphabet
	Workout	Just a 40 minute run, but end with in trip through Renee Leg Circuit #1, then Big 12 with V-ups. That's it for this workout, but tomorrow will be longer, faster and more fun as funner is not a word.
	Post-Run	No GS, but the mantra of "If you want to do things you've never done before," a couple times to remind yourself why a 40 minute run is appropriate. I'm just as invested in this as you are and trust that on a Monday, 48 hours following a fairly shitty run, that the most important thing you can do is run easy.
	Pre-Sleep	Back and Canonball (lots of back work, but I want more posterior chain work)
Monday		
03.09.09	Pre-Run	
	Workout	
	Post-Run	
	Pre-Sleep	