		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
02.15.09	Workout Assumption	Off	Long run or Threshold	Easy day	Stupid-Easy day	Light Track workout	Easy day with strides	Easy Day
	Pre-Run		LM	LM		LM	LM	
	Post-Run		Big 7, Back, Myrtl	Pedestal, Myrtl		Big 7, Back, Myrtl	Myrtl	Pedestal
	Other Ideas							
02.22.09	Workout Assumption	Off	Long run or Threshold	Easy day with strides	Stupid-Easy day	Light Track workout	Tempo Run	Easy Day
	Pre-Run		LM	LM	LM, Myrtl	LM	LM	
	Post-Run		LL, Big 7, Back, Myrtl	LL, Pedestal, Myrtl	Back	LL, Big 7, Back, Myrtl	LL, Pedestal, Myrtl	Pedestal
	Other Ideas							
03.01.09	Workout Assumption	Off	Long run or Threshold	Easy day with strides	Easy day...walk through tomorrow's WU?	Tempo WU then very light Track workout	Repeat 800's at XC pace	Easy Day
	Pre-Run		LM, LL	LM,LL	LM, Myrtl	LM, LL	LM, LL	
	Post-Run		Big 8, Cannonball, Back	Pedestal, Back, Myrtl	Back	Pedestal, Back, Myrtl	2xVern Leg Circuit, Big 8, Cannonball, Back	Pedestal
	Other Ideas							
03.08.09	Workout Assumption	Off	Repeat 1,000's	Easy day	Tempo WU then Light Track workout	Easy Day	Pre-Race	First Qualifying Meet
	Pre-Run		LM, LL	LM, LL	LM, Myrtl	LM, LL	LM, LL	LM, LL
	Post-Run		2xVern Leg Circuit with 2 min, Big 10, Cannonball	Pedestal, Back, Myrtl	Big 10, Cannonball	Pedestal, Back, Myrtl	Pedestal, Back, Myrtl	After the last event do Big 8, Pedestal, Cannonball
	Other Ideas							