Beginning Running Class at the Greenway
Advanced 10K Plan

Week	Week Of:	MON	TUES	WED	THUR	FRI	SAT	SUN	Weekly Mileage
1	19-Mar	2.0	0.0	XT	**2.5**	0.0	3.0	XT	**7.5**
2	26-Mar	2.0	0.0	XT	**2.5**	0.0	3.5	XT	**8.0**
3	2-Apr	2.0	0.0	XT	**3.0**	0.0	4.0	XT	**9.0**
4	9-Apr	2.0	0.0	XT	**3.0**	0.0	4.0	XT	**9.0**
5	16-Apr	2.0	0.0	XT	**3.0**	0.0	4.5	XT	**9.5**
6	23-Apr	2.0	0.0	XT	**3.0**	0.0	5.0	XT	**10.0**
7	30-Apr	2.0	0.0	XT	**3.0**	0.0	5.5	XT	**10.5**
8	2-May	2.0	0.0	XT	**3.0**	0.0	**10K Race**	0.0	**11.2**

MY RUNNING LOG

Week	Dates	MON	TUES	WED	THUR	FRI	SAT	SUN	Weekly Mileage
1	19-Mar								
2	26-Mar								
3	2-Apr								
4	9-Apr								
5	16-Apr								
6	23-Apr								
7	30-Apr								
8	2-May								