2009 SPRINGTIME 10K TRAINING PROGRAM
BEGINNING

Week	Week Of:	MON	TUES	WED	THUR	FRI	SAT	SUN	Weekly Mileage
1	26-Jan	2.0	0.0	2.0	2.0	0.0	2.0	0.0	8.0
2	2-Feb	2.5	0.0	2.5	2.5	0.0	2.5	0.0	10.0
3	9-Feb	3.0	0.0	3.0	3.0	0.0	3.0	0.0	12.0
4	16-Feb	3.5	0.0	3.5	3.5	0.0	3.5	0.0	14.0
5	23-Feb	4.0	0.0	4.0	4.0	0.0	4.0	0.0	16.0
6	1-Mar	4.5	0.0	4.5	4.5	0.0	4.5	0.0	18.0
7	8-Mar	5.0	0.0	5.0	5.0	0.0	5.0	0.0	20.0
8	15-Mar	5.5	0.0	4.0	4.0	0.0	10k Trial Run	0.0	19.7
9	22-Mar	2.0 Party	0.0	4.0	0.0	0.0	Springtime 10K	0.0	12.2

MY RUNNING LOG

Week	Dates	MON	TUES	WED	THUR	FRI	SAT	SUN	Weekly Mileage
1	26-Jan								
2	2-Feb								
3	9-Feb								
4	16-Feb								
5	23-Feb								
6	1-Mar								
7	8-Mar								
8	15-Mar								
9	22-Mar								