

JANUARY			FEBRUARY			MARCH		
4-Jan	M		1-Feb	M		29-Feb	M	
5-Jan	T	4mi @ 5:50s, then 6 x 800 (2:22 avg with 400m jog rest)	2-Feb	T		1-Mar	T	
6-Jan	W		3-Feb	W	2 x 2k (6:15, 6:10), 2 x 1600 (4:55, 4:55), 2 x 1200 (3:38,3:39), 5 x 800 (2:24, 2:25, 2:30, 2:31, 2:30)	2-Mar	W	3 x 1000 (3:19, 3:21, 3:19) , 5 x 400 (69, 70, 71, 69, 70)
7-Jan	R		4-Feb	R		3-Mar	R	
8-Jan	F		5-Feb	F		4-Mar	F	
9-Jan	Sa	2:15 Long Run	6-Feb	Sa	23 miles Long Run on Trails	5-Mar	Sa	
10-Jan	Su	Med Prog 16miles last 6 were prog to 5:40	7-Feb	Su	Med Prog 14miles w/ Couch Potato 5k (15:29)	6-Mar	Su	50K
11-Jan	M		8-Feb	M				
12-Jan	T		9-Feb	T				
13-Jan	W		10-Feb	W	6 x (5:15 (1600)/2:15(600))			
14-Jan	R	3 x 10min @ 5:12s with 2min jog	11-Feb	R				
15-Jan	F		12-Feb	F				
16-Jan	Sa	Prog LR 22, 6:30s for first 12 then 5:45s for last 6.	13-Feb	Sa	24 miles Long Run			
17-Jan	Su	Med Prog 16miles last 6 were prog 6:00 -> 5:30	14-Feb	Su	8 x 90s pickups			
18-Jan	M		15-Feb	M				
19-Jan	T		16-Feb	T				
20-Jan	W	Fartlek 7miles alt. (5:30/6:30) + strides	17-Feb	W	2 x 4 x 1000 (3:09, 3:03, 2:58, 2:54) (3:08, 3:03, 2:57, 2:53)			
21-Jan	R		18-Feb	R				
22-Jan	F		19-Feb	F				
23-Jan	Sa	Prog LR 22, 6:30s for first 11 then went from 6:00 down to 5:25 for last 11	20-Feb	Sa				
24-Jan	Su	Paced Laurel at Chili Chilly 5k (17:09)	21-Feb	Su	22mi w/ Lake Effect Half Progression (6:00 -> 5:10)			
25-Jan	M		22-Feb	M				
26-Jan	T		23-Feb	T				
27-Jan	W	2 x 20min (20:40, 20:28)	24-Feb	W	12 x 90s on, 90s off @ 5:10s/6:44s			
28-Jan	R		25-Feb	R				
29-Jan	F		26-Feb	F				
30-Jan	Sa	2 hours Long Run @ Highland	27-Feb	Sa				
31-Jan	Su		28-Feb	Su	1:45 @ Highland			