

# January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>A = Advanced</b> <b>I = Intermediate</b> <b>N = Novice</b>	<b>MP = Marathon Pace</b> <b>S = Speed Training</b>	<b>Hill repeats are not required</b>		<b>If bad weather or chance of canceling call Mike at 502-939-6760</b>	Swag's Locations: 7415 Old Third St. or 9407 Westport Road	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> A - 3 I - Cross-Train N - Rest	<b>9</b> A - 4 I - 3 N - 3	<b>10</b> <b>Training Program Kick-Off meeting Manual H.S. Gymnasium</b> A - 3 I - 3 N - 2	<b>11</b> A - 5 MP I - 5 MP N - 3	<b>12</b> A - 3 I - Rest N - 2	<b>13</b> A - Rest I - 3 N - Cross-Train	<b>14</b> Meet @ Seneca Park @ 8am @ bathrooms A - 8 I - 6 N - 5
<b>15</b> A - 3 I - Cross-Train N - Rest	<b>16</b> A - 5 I - 3 N - 3	<b>17</b> A - 3 Hill Repeats Iroquois Amp. 6pm I - 3 N - 2	<b>18</b> A - 5 S I - 6 S N - 6	<b>19</b> A - 3 I - Rest N - 2	<b>20</b> A - Rest I - 3 N - Cross-Train	<b>21</b> Meet @ Swags on Old 3 <sup>rd</sup> St. @ 8am A - 10 I - 8 N - 7
<b>22</b> A - 3 I - Cross-Train N - Rest	<b>23</b> A - 5 I - 3 N - 3	<b>24</b> A - 3 Hill Repeats Iroquois Amp. 6pm I - 3 N - 3	<b>25</b> A - 6 S I - 6 MP N - 6	<b>26</b> A - 3 I - Rest N - 2	<b>27</b> A - Rest I - 3 N - Cross-Train	<b>28</b> Meet @ Swags on Westport Rd. @ 8am A - 13 I - 10 N - 9
<b>29</b> A - 3 I - Cross-Train N - Rest	<b>30</b> A - 6 I - 3 N - 3	<b>31</b> A - 3 Hill Repeats Iroquois Amp. 6pm I - 3 N - 3				

2012

# February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			<b>1</b> A - 8 MP I - 6 S N - 5	<b>2</b> A - 3 I - Rest N - 3	<b>3</b> A - Rest I - 3 N - Cross-Train	<b>4</b> Meet @ Seneca Park @ 8am @ bathrooms A - 15 I - 8 N - 7
<b>5</b> A - 4 I - Cross-Train N - Rest	<b>6</b> A - 5 I - 3 N - 3	<b>7</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 3 N - 4	<b>8</b> A - 6 S I - 6 MP N - 7	<b>9</b> A - 3 I - Rest N - 3	<b>10</b> A - Rest I - 3 N - Cross-Train	<b>11</b> Meet @ Swags on Old 3 <sup>rd</sup> St. @ 8am A - 10 I - 12 N - 11
<b>12</b> A - 4 I - Cross-Train N - Rest	<b>13</b> A - 4 I - 4 N - 3	<b>14</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 4 N - 4	<b>15</b> A - 9 MP I - 6 S N - 6	<b>16</b> A - 3 I - Rest N - 4	<b>17</b> A - Rest I - 3 N - Cross-Train	<b>18</b> Meet @ Swags on Westport Rd. @ 8am A - 18 I - 14 N - 13
<b>19</b> A - 4 I - Cross-Train N - Rest	<b>20</b> A - 4 I - 3 N - 3	<b>21</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 3 N - 4	<b>22</b> A - 11 MP I - 9 MP N - 8	<b>23</b> A - 4 I - Rest N - 3	<b>24</b> A - Rest I - 3 N - Cross-Train	<b>25</b> Meet @ Seneca Park @ 8am @ bathrooms A - 20 I - 17 N - 15
<b>26</b> A - 4 I - Cross-Train N - Rest	<b>27</b> A - 4 I - 5 N - 3	<b>28</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 4 N - 5	<b>29</b> A - 9 S I - 12 MP N - 10			


2012

# March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> A - 3 I - Rest N - 4	<b>2</b> A - Rest I - 3 N - Cross-Train	<b>3</b> <b>Anthem 5K</b> A - 22 I - 20 N - 17
<b>4</b> A - 4 I - Cross-Train N - Rest	<b>5</b> A - 3 I - 5 N - 4	<b>6</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 5 N - 4	<b>7</b> A - 13 MP I - 6 S N - 7	<b>8</b> A - 3 I - Rest N - 4	<b>9</b> A - Rest I - 5 N - Cross-Train	<b>10</b> Meet @ Swags on Old 3 <sup>rd</sup> St. @ 8am A - 12 I - 10 N - 10
<b>11</b> A - 3 I - Cross-Train N - Rest	<b>12</b> A - 2 I - 3 N - 3	<b>13</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 4 N - 4	<b>14</b> A - 10 S I - 14 MP N - 12	<b>15</b> A - 2 I - Rest N - 4	<b>16</b> A - Rest I - 3 N - Cross-Train	<b>17</b> <b>Rodes City Run 10K</b> A - 24 I - 22 N - 20
<b>18</b> A - 4 I - Cross-Train N - Rest	<b>19</b> A - 3 I - 6 N - 4	<b>20</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 5 N - 5	<b>21</b> A - 16MP I - 6 S N - 11	<b>22</b> A - 3 I - Rest N - 3	<b>23</b> A - Rest I - 4 N - Cross-Train	<b>24</b> Meet @ Swags on Westport Rd. @ 8am A - 14 I - 10 N - 10
<b>25</b> A - 4 I - Cross-Train N - Rest	<b>26</b> A - 3 I - 5 N - 4	<b>27</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 5 N - 4	<b>28</b> A - 13 MP I - 12MP N - 12	<b>29</b> A - 3 I - Rest N - 4	<b>30</b> A - Rest I - 3 N - Cross-Train	<b>31</b> <b>Papa John's 10 miiler</b> A - 22 N - 23 I - 21

2012

# April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>1</b> A - 4 I - Cross-Train N - Rest	<b>2</b> A - 4 I - 5 N - 3	<b>3</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 5 N - 4	<b>4</b> A - 13 MP I - 10 MP N - 8	<b>5</b> A - 4 I - Rest N - 4	<b>6</b> A - Rest I - 4 N - Cross-Train	<b>7</b> Meet @ Swags on Old 3 <sup>rd</sup> St. @ 8am A - 18 I - 15 N - 13
<b>8</b> A - 4 I - Cross-Train N - Rest	<b>9</b> A - 3 I - 3 N - 3	<b>10</b> A - 5 Hill Repeats Iroquois Amp. 6pm I - 4 N - 4	<b>11</b> A - 10 S I - 8 MP N - 6	<b>12</b> A - 4 I - Rest N - 2	<b>13</b> A - Rest I - 3 N - Cross-Train	<b>14</b> Meet @ Swags on Westport Rd. @ 8am A - 13 I - 12 N - 10
<b>15</b> A - 3 I - Cross-Train N - Rest	<b>16</b> A - 2 I - 4 N - 2	<b>17</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 3 N - 3	<b>18</b> A - 6 S I - 4 S N - 4	<b>19</b> A - 3 I - Rest N - 2	<b>20</b> A - Rest I - 3 N - Cross-Train	<b>21</b> Meet @ Start line of race @ 8am A - 8 I - 8 N - 7
<b>22</b> A - 2 I - Cross-Train N - Rest	<b>23</b> A - 3 I - 2 N - 3	<b>24</b> A - 2 I - 3 N - 2	<b>25</b> A - 3 I - 2 N - 3	<b>26</b> A - Rest I - Rest N - 2	<b>27</b> A - 1 I - 1 N - Rest	<b>28</b> 

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