

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
A = Advanced I = Intermediate N = Novice	MP = Marathon Pace S = Speed Training	Hill Repeats are not Required		If bad weather or chance of canceling call Dan at 502.807.0158	Swag's Locations: 7415 Old Third Street Or 9407 Westport Road.	1 MINI of Louisville 4170 Shelbyville Rd. Louisville, KY 40207
2	3	4	5	6 Training Program Kick-Off Meeting Frazier Hall – Bellarmine University	7	8 MINI of Louisville 8:00 am Training Run
9 A – 3 I – Cross-Train N – Rest	10 A – 4 I – 3 N – 3	11 A – 3 Hill Repeats Iroquois Amp. 6:00 pm I – 3 N – 2	12 A – 5 MP I – 5 MP N – 3	13 A – 3 I – Rest N – 2	14 A – Rest I – 3 N – Cross-Train	15 Swag's (Old 3rd Street) 8:00 am A – 8 I – 6 N – 5
16 A – 3 I – Cross-Train N – Rest	17 A – 5 I – 3 N – 3	18 A – 3 Hill Repeats Iroquois Amp. 6:00 pm I – 3 N – 2	19 A – 5 S I – 6 S N – 6	20 A – 3 I – Rest N – 2	21 A – Rest I – 3 N – Cross-Train	22 Seneca Park by restrooms – 8:00 am A – 10 I – 8 N – 7
23 A – 3 I – Cross-Train N – Rest	24 A – 5 I – 3 N – 3	25 A – 3 Hill Repeats Iroquois Amp. 6:00 pm I – 3 N – 3	26 A – 6 S I – 6 MP N – 6	27 A – 3 I – Rest N – 3	28 A – Rest I – 3 N – Cross-Train	29 Swag's (Westport Road) 8:00 am A – 13 I – 10 N – 9
30 A – 3 I – Cross-Train N – Rest	31 A – 6 I – 3 N – 3					

2011

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 A – 3 Hill Repeats Iroquois Amp. 6:00 pm I – 3 N – 3	2 A – 8 MP I – 6 S N – 5	3 A – 3 I – Rest N – 3	4 A – Rest I – 3 N – Cross-Train	5 Ramsi's Café (Mid City Mall) – 8:00 am A – 15 I – 8 N – 7
6 A – 4 I – Cross-Train N – Rest	7 A – 5 I – 3 N – 3	8 A – 4 Hill Repeats Iroquois Amp. 6:00 pm I – 3 N – 4	9 A – 6 S I – 6 MP N – 7	10 A – 3 I – Rest N – 3	11 A – Rest I – 3 N – Cross-Train	12 Swag's (Old 3rd Street) 8:00 am A – 10 I – 12 N – 11
13 A – 4 I – Cross-Train N – Rest	14 A – 4 I – 4 N – 3	15 A – 4 Hill Repeats Iroquois Amp. 6:00 pm I – 4 N – 4	16 A – 9 MP I – 6 S N – 6	17 A – 3 I – Rest N – 4	18 A – Rest I – 3 N – Cross-Train	19 MINI of Louisville 8:00 am Training Run
20 A – 4 I – Cross-Train N – Rest	21 A – 4 I – 3 N – 3	22 A – 4 Hill Repeats Iroquois Amp. 6:00 pm I – 3 N – 4	23 A – 11 MP I – 9 MP N – 8	24 A – 4 I – Rest N – 3	25 A – Rest I – 3 N – Cross-Train	26 Anthem 5K A – 20 I – 17 N – 15
27 A – 4 I – Cross-Train N – Rest	28 A – 4 I – 5 N – 3					


2011

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 A – 4 Hill Repeats Iroquois Amp. 6:00 pm I – 4 N – 5	2 A – 9 S I – 12 MP N – 10	3 A – 3 I – Rest N – 4	4 A – Rest I – 3 N – Cross-Train	5 Ramsi's Café (Mid City Mall) – 8:00 am A – 22 I – 20 N – 17
6 A – 4 I – Cross-Train N – Rest	7 A – 3 I – 5 N – 4	8 A – 4 Hill Repeats Iroquois Amp. 6:00 pm I – 5 N – 4	9 A – 13 MP I – 6 S N – 7	10 A – 3 I – Rest N – 4	11 A – Rest I – 5 N – Cross-Train	12 Rodes City Run 10K A – 12 I – 10K N – 10K
13 A – 3 I – Cross-Train N – Rest	14 A – 2 I – 3 N – 3	15 A – 4 Hill Repeats Iroquois Amp. 6:00 pm I – 4 N – 4	16 A – 10 S I – 14 MP N – 12	17 A – 2 I – Rest N – 4	18 A – Rest I – 3 N – Cross-Train	19 Seneca Park by restrooms – 8:00 am A – 24 I – 22 N – 20
20 A – 4 I – Cross-Train N – Rest	21 A – 3 I – 6 N – 4	22 A – 4 Hill Repeats Iroquois Amp. 6:00 pm I – 5 N – 5	23 A – 16 MP I – 6 MP N – 11	24 A – 3 I – Rest N – 3	25 A – Rest I – 4 N – Cross-Train	26 Papa John's 10 Miler A – 14 I – 10 N – 10
27 A – 4 I – Cross-Train N – Rest	28 A – 3 I – 5 N – 4	29 A – 4 Hill Repeats Iroquois Amp. 6:00 pm I – 5 N – 4	30 A – 13 MP I – 12 MP N – 12	31 A – 3 I – Rest N – 4		

2011

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 A – Rest I – 3 N – Cross-Train	2 Ramsi's Café (Mid City Mall) – 8:00 am A – 22 I – 23 N – 21
3 A – 4 I – Cross-Train N – Rest	4 A – 4 I – 5 N – 3	5 A – 4 Hill Repeats Iroquois Amp. 6:00 pm I – 5 N – 4	6 A – 13 MP I – 10 MP N – 8	7 A – 4 I – Rest N – 4	8 A – Rest I – 4 N – Cross-Train	9 Swag's (Westport Road) 8:00 am A – 18 I – 15 N – 13
10 A – 4 I – Cross-Train N – Rest	11 A – 3 I – 3 N – 3	12 A – 5 Hill Repeats Iroquois Amp. 6:00 pm I – 4 N – 4	13 A – 10 S I – 8 MP N – 6	14 A – 4 I – Rest N – 2	15 A – Rest I – 3 N – Cross-Train	16 Seneca Park by restrooms – 8:00 am A – 13 I – 12 N – 10
17 A – 3 I – Cross-Train N – Rest	18 A – 2 I – 4 N – 2	19 A – 4 Hill Repeats Iroquois Amp. 6:00pm I – 3 N – 3	20 A – 6 S I – 4 S N – 4	21 A – 3 I – Rest N – 2	22 A – Rest I – 3 N – Cross-Train	23 Swag's (Old 3 rd Street) 8:00 am A – 8 I – 8 N – 7
24 A – 2 I – Cross-Train N – Rest	25 A – 3 I – 2 N – 3	26 A – 2 I – 3 N – 2	27 A – 3 I – 2 N – 3	28 A – Rest I – Rest N – 2	29 A – 1 I – 1 N – Rest	30 

2011