

# 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>Hill Repeats are not Required</b>	<b>MP = Marathon Pace</b> <b>S = Speed Training</b>	<b>Carmichael's Bookstore</b> <b>1295 Bardstown Road</b> <b>Louisville, KY 40204</b>	<b>1</b>	<b>2</b>
<b>3</b> A - 3 I - Cross-Train N - Rest	<b>4</b> A - 4 I - 3 N - 3	<b>5</b> A - 3 Hill Repeats Iroquois Amp. 6pm I - 3 N - 2	<b>6</b> A - 5 MP I - 5 MP N - 3	<b>7</b> A - 3 I - Rest N - 2	<b>8</b> A - Rest I - 3 N - Cross-Train	<b>9</b> Swag's Store 8:00 am A - 8 I - 6 N - 5
<b>10</b> A - 3 I - Cross-Train N - Rest	<b>11</b> A - 5 I - 3 N - 3	<b>12</b> A - 3 Hill Repeats Iroquois Amp. 6pm I - 3 N - 2	<b>13</b> A - 5 S I - 6 S N - 6	<b>14</b> A - 3 I - Rest N - 2	<b>15</b> A - Rest I - 3 N - Cross-Train	<b>16</b> Seneca Park 8:00am tennis courts A - 10 I - 8 N - 7
<b>17</b> A - 3 I - Cross-Train N - Rest	<b>18</b> A - 5 I - 3 N - 3	<b>19</b> A - 3 Hill Repeats Iroquois Amp. 6pm I - 3 N - 3	<b>20</b> A - 6 S I - 6 MP N - 6	<b>21</b> A - 3 I - Rest N - 2	<b>22</b> A - Rest I - 3 N - Cross-Train	<b>23</b> Swag's Store 8:00 am A - 13 I - 10 N - 9
<b>24</b> A - 3 I - Cross-Train N - Rest	<b>25</b> A - 6 I - 3 N - 3	<b>26</b> A - 3 Hill Repeats Iroquois Amp. 6pm I - 3 N - 3	<b>27</b> A - 8 MP I - 6 S N - 5	<b>28</b> A - 3 I - Rest N - 3	<b>29</b> A - Rest I - 3 N - Cross-Train	<b>30</b> Carmichael's Bookstore - 8:00 am A - 15 I - 8 N - 7
<b>31</b> A - 4 I - Cross-Train N - Rest						

2010

# 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 - 5 I - 3 N - 3	<b>2</b> A - 3 Hill Repeats Iroquois Amp. 6pm I - 3 N - 4	<b>3</b> A - 6 S I - 6 MP N - 7	<b>4</b> A - 3 I - Rest N - 3	<b>5</b> A - Rest I - 3 N - Cross-Train	<b>6</b> Swag's Store 8:00 am A - 10 I - 12 N - 11
<b>7</b> A - 4 I - Cross-Train N - Rest	<b>8</b> A - 4 I - 4 N - 3	<b>9</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 4 N - 4	<b>10</b> A - 9 MP I - 6 S N - 6	<b>11</b> A - 3 I - Rest N - 4	<b>12</b> A - Rest I - 3 N - Cross-Train	<b>13</b> Seneca Park 8:00am tennis courts A - 18 I - 14 N - 13
<b>14</b> A - 4 I - Cross-Train N - Rest	<b>15</b> A - 4 I - 3 N - 3	<b>16</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 3 N - 4	<b>17</b> A - 11 MP I - 9 MP N - 8	<b>18</b> A - 4 I - Rest N - 3	<b>19</b> A - Rest I - 3 N - Cross-Train	<b>20</b> Swag's Store 8:00 am A - 20 I - 17 N - 15
<b>21</b> A - 4 I - Cross-Train N - Rest	<b>22</b> A - 4 I - 5 N - 3	<b>23</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 4 N - 5	<b>24</b> A - 9 S I - 12 MP N - 10	<b>25</b> A - 3 I - Rest N - 4	<b>26</b> A - Rest I - 3 N - Cross-Train	<b>27</b> Carmichael's Bookstore - 8:00 am A - 22 I - 20 N - 17
<b>28</b> A - 4 I - Cross-Train N - Rest						


2010

# 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 - 5 N - 4	<b>2</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 5 N - 4	<b>3</b> A - 13 MP I - 6 S N - 7	<b>4</b> A - 3 I - Rest N - 4	<b>5</b> A - Rest I - 5 N - Cross-Train	<b>6</b> <b>Anthem 5K</b> A - 12 I - Anthem 5K N - Anthem 5K
<b>7</b> A - 3 I - Cross-Train N - Rest	<b>8</b> A - 2 I - 3 N - 3	<b>9</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 4 N - 4	<b>10</b> A - 10 S I - 14 MP N - 12	<b>11</b> A - 2 I - Rest N - 4	<b>12</b> A - Rest I - 3 N - Cross-Train	<b>13</b> Swag's Store 8:00 am A - 24 I - 22 N - 20
<b>14</b> A - 4 I - Cross-Train N - Rest	<b>15</b> A - 3 I - 6 N - 4	<b>16</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 5 N - 5	<b>17</b> A - 16 MP I - 6 S N - 11	<b>18</b> A - 3 I - Rest N - 3	<b>19</b> A - Rest I - 4 N - Cross-Train	<b>20</b> <b>Rodes City Run 10K</b> A - 14 I - Rodes City 10K N - Rodes City 10K
<b>21</b> A - 4 I - Cross-Train N - Rest	<b>22</b> A - 3 I - 5 N - 4	<b>23</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 5 N - 4	<b>24</b> A - 13 MP I - 12 MP N - 12	<b>25</b> A - 3 I - Rest N - 4	<b>26</b> A - Rest I - 3 N - Cross-Train	<b>27</b> Carmichael's Bookstore - 8:00 am A - 22 I - 23 N - 21
<b>28</b> A - 4 I - Cross-Train N - Rest	<b>29</b> A - 4 I - 5 N - 3	<b>30</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 5 N - 4	<b>31</b> A - 13 MP I - 10 MP N - 8			

2010

# 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 - Rest N - 4	<b>2</b> A - Rest I - 4 N - Cross-Train	<b>3</b> <b>PAPA JOHN'S 10 MILER</b> A - 10 miler N - 10 miler I - 10 miler
<b>4</b> A - 4 I - Cross-Train N - Rest	<b>5</b> A - 3 I - 3 N - 3	<b>6</b> A - 5 Hill Repeats Iroquois Amp. 6pm I - 4 N - 4	<b>7</b> A - 10 S I - 8 MP N - 6	<b>8</b> A - 4 I - Rest N - 2	<b>9</b> A - Rest I - 3 N - Cross-Train	<b>10</b> Swag's Store 8:00 am A - 13 I - 12 N - 10
<b>11</b> A - 3 I - Cross-Train N - Rest	<b>12</b> A - 2 I - 4 N - 2	<b>13</b> A - 4 Hill Repeats Iroquois Amp. 6pm I - 3 N - 3	<b>14</b> A - 6 S I - 4 S N - 4	<b>15</b> A - 3 I - Rest N - 3	<b>16</b> A - Rest I - 3 N - Cross-Train	<b>17</b> Seneca Park 8:00 am tennis courts A - 8 I - 8 N - 7
<b>18</b> A - 2 I - Cross-Train N - Rest	<b>19</b> A - 3 I - 2 N - 3	<b>20</b> A - 2 I - 3 N - 2	<b>21</b> A - 3 I - 2 N - 3	<b>22</b> A - Rest I - Rest N - 2	<b>23</b> A - 1 I - 1 N - Rest	<b>24</b>  2010 KENTUCKY DERBY FESTIVAL <b>MARATHON</b> Walmart
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

2010