

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			E = Easy Pace S = Speed Work MMP = miniMarathon Pace	Carmichael's Bookstore 1295 Bardstown Road Louisville, KY 40204	1	2
3 A - 3 I - Cross-Train N - Rest	4 A - 3 I - 2 N - 2	5 A - 4 or Hill Repeats Meet at Iroquois Amp. 6pm I - 2 N - 1	6 A - 2 E I - 2 S N - 2	7 A - 3 I - Rest N - 2	8 A - Rest I - 3 N - Cross-Train	9 Swag's Store 8:00 am A - 6 I - 4 N - 3
10 A - 3 I - Cross-Train N - Rest	11 A - 4 x 800 I - 3 N - 3	12 A - 3 I - 2 N - 1	13 A - 3 MMP I - 3 MMP N - 3	14 A - 3 I - Rest N - 2	15 A - Rest I - 3 N - Cross-Train	16 Seneca Park 8:00 am tennis courts A - 7 I - 5 N - 4
17 A - 3 I - Cross-Train N - Rest	18 A - 8 x 400 I - 3 N - 4	19 A - 3 I - 3 N - 1	20 A - 3 E I - 3 S N - 4	21 A - 3 I - Rest N - 1	22 A - Rest I - 4 N - Cross-Train	23 Swag's Store 8:00 am A - 8 I - 6 N - 5
24 A - 4 I - Cross-Train N - Rest	25 A - 2 x 1600 I - 3 N - 4	26 A - 3 I - 2 N - 2	27 A - 4 MMP I - 4 MMP N - 4	28 A - 4 I - Rest N - 1	29 A - Rest I - 3 N - Cross-Train	30 Carmichael's Bookstore - 8:00 am A - 5 I - 5 N - 5
31 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>
	1 A - 3 I - 3 N - 5	2 A - 6 or Hill Repeats Meet at Iroquois Amp. 6 pm I - 4 N - 1	3 A - 5 E I - 4 S N - 4	4 A - 4 I - Rest N - 2	5 A - Rest I - 4 N - Cross-Train	6 Swag's Store 8:00 am A - 8 I - 7 N - 6
7 A - 3 I - Cross-Train N - Rest	8 A - 7 x 400 I - 3 N - 5	9 A - 2 I - 4 N - 2	10 A - 4 MMP I - 5 MMP N - 5	11 A - 3 I - Rest N - 1	12 A - Rest I - 4 N - Cross-Train	13 Seneca Park 8:00 am tennis courts A - 9 I - 8 N - 7
14 A - 4 I - Cross-Train N - Rest	15 A - 4 I - 3 N - 5	16 A - 7 or Hill Repeats Meet at Iroquois Amp. 6 pm I - 4 N - 2	17 A - 5 E I - 4 MMP N - 5	18 A - 5 I - Rest N - 2	19 A - Rest I - 4 N - Cross-Train	20 Swag's Store 8:00 am A - 10 I - 10 N - 8
21 A - 4 I - Cross-Train N - Rest	22 A - 8 x 400 I - 4 N - 5	23 A - 4 I - 5 N - 2	24 A - 6 MMP I - 5 S N - 5	25 A - 4 I - Rest N - 3	26 A - Rest I - 6 N - Cross-Train	27 Carmichael's Bookstore - 8:00 am A - 11 I - 11 N - 10
28 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>
	1 A – 6 I – 4 N – 4	2 A – 8 or Hill Repeats Meet at Iroquois Amp. 6 pm I – 5 N – 3	3 A – 4 E I – 6 MMP N – 5	4 A – 6 I – Rest N – 3	5 A – Rest I – 4 N – Cross-Train	6 ANTHEM 5K A – Anthem 5K I – Anthem 5K N – Anthem 5K
7 A – 4 I – Cross-Train N – Rest	8 A – 6 x 400 I – 5 N – 5	9 A – 5 I – 4 N – 2	10 A – 7 MMP I – 5 MMP N – 5	11 A – 4 I – Rest N – 3	12 A – Rest I – 5 N – Cross-Train	13 Swag’s Store 8:00 am A – 5 I – 6 N – 4
14 A – 4 I – Cross-Train N – Rest	15 A – 4 x 800 I – 4 N – 4	16 A – 5 I – 5 N – 3	17 A – 5 E I – 6 S N – 6	18 A – 6 I – Rest N – 3	19 A – Rest I – 5 N – Cross-Train	20 Rodes City Run - 10K A – Rodes City 10K I – Rodes City 10K N – Rodes City 10K
21 A – 4 I – Cross-Train N – Rest	22 A – 4 I – 5 N – 5	23 A – 6 or Hill Repeats Meet at Iroquois Amp. 6 pm I – 4 N – 4	24 A – 8 MMP I – 6 MMP N – 7	25 A – 4 I – Rest N – 3	26 A – Rest I – 4 N – Cross-Train	27 Carmichael’s Bookstore - 8:00 am A – 13 I – 12 N – 11
28 A – 3 I – Cross-Train N – Rest	29 A – 5 x 800 I – 5 N – 4	30 A – 4 I – 4 N – 4	31 A – 7 E I – 7 S N – 5			

2010

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 A - 4 I - Rest N - 3	2 A - Rest I - 5 N - Cross-Train	3 PAPA JOHN'S 10 MILER A - 10 miler I - 10 miler N - 10 miler
4 A - 3 I - Cross-Train N - Rest	5 A - 2 x 1600 I - 4 N - 4	6 A - 3 I - 3 N - 3	7 A - 6 MMP I - 4 MMP N - 4	8 A - 3 I - Rest N - 2	9 A - Rest I - 4 N - Cross-Train	10 Swag's Store 8:00 am A - 9 I - 9 N - 5
11 A - 3 I - Cross-Train N - Rest	12 A - 6 x 800 I - 5 N - 3	13 A - 3 I - 3 N - 3	14 A - 4 E I - 3 S N - 4	15 A - 3 I - Rest N - 2	16 A - Rest I - 4 N - Cross-Train	17 Seneca Park 8:00 am tennis courts A - 6 I - 6 N - 5
18 A - 3 I - Cross-Train N - Rest	19 A - 6 x 400 I - 4 N - 4	20 A - 2 I - 3 N - 3	21 A - 3 E I - 3 E N - 3	22 A - Rest I - Rest N - Rest	23 A - 1 I - 1 N - 1	24  2010 KENTUCKY DERBY FESTIVAL MARATHON PRESENTED BY Walmart
25	26	27	28	29	30	

2010