

May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Note: Swap Tu/We if desired)				1 5:30pm @ THT to AI – 6 x 800m with 400 recovery jog – easy if racing	2 Off	3 RACE DAY – Winterthur 5K
4 RACE DAY – Broad Street 10-miler	5 5:30pm @ THT to AI 5x400m, 100r, 700r, 5x400m, 100r easy if just raced	6 40 – 60 minutes light recovery jog	7 X-Train / Strength Or 30-40 min. run	8 5:30pm @ THT to AI – 3 x 1200m with 600 recovery jog	9 Off	10 7am AI High School 70-80 minutes
11 X-Train or run trails	12 5:30pm @ THT to AI 5x400m, 100r, 700r, 5x400m, 100r	13 35 - 55 minutes light recovery jog	14 X-Train / Strength Or 30-35 min. run	15 5:30pm @ THT to AI – Striders plus 2-mile time trial	16 Off	17 7am AI High School 65 - 75 minutes
18 X-Train or run trails	19 5:30pm @ THT to AI 5x400m, 100r, 700r, 5x400m, 100r	20 35 - 55 minutes light recovery jog	21 X-Train / Strength Or 30-35 min. run	22 5:30pm @ THT to AI 1 x 1600m, 400 r 2 x 800m, 400 r 2 x 400m, 400 r	23 Off	24 7am AI High School 60 - 70 minutes
25 X-Train or run trails	26 Holiday, meet at AI @ 8 am, surprise workout	27 30 - 50 minutes light recovery jog	28 X-Train or Off	29 AI @ 6:30 PM, DRC Delaware Mile Festival of Races	30 Off	31 7am AI High School 55 - 65 minutes

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 X-Train or run trails	2 5:30pm @ THT to AI 12 –16 x 200m, 200r	3 30 – 50 min run	4 X-Train	5 5:30pm @ THT to AI – 2 x 1600m, 800r	6 Off	7 7am AI High School 55 - 65 minutes
8 X-Train or run trails	9 5:30pm @ THT to AI 12 –16 x 200m, 200r	10 30 – 45 min run	11 Off or 20 min run	12 6:30 PM @ AI – DRC 5K track race	13 Off	14 7am AI High School 55 - 65 minutes
15 X-Train or run trails	16 5:30pm @ THT to AI 8 x 200m, 200r	17 30 min run or bike	18 Off or walk	19 B+ 5K race – post-race party at C. Rooney’s	20 Off	21 7am AI High School 55 - 65 minutes
22 X-Train or run trails	23 5:30pm @ THT to AI 12 x 200m, 200r	24 30 – 40 min run or bike	25 X-Train or Off	26 5:30pm @ THT – Short tempo run	27 Off	28 7am AI High School 55 - 65 minutes
29 X-Train or run trails	30 5:30pm @ THT to AI 8 x 200m, 200r					