

<b>Week of:</b>	<b>Thu</b>	<b>Sat</b>
<b>Oct 30</b>	12-Min Easy Run  Then, 2 Rounds 8-Minute Hard Run 8-Minute Easy Run  Then, 8-Minute Easy Run	1hr Easy
<b>Nov 6</b>	12-Min Easy Run  Then, 2 Rounds 8-Minute Hard Run 8-Minute Easy Run  Then, 8-Minute Easy Run	1hr15min Easy
<b>Nov 13</b>	12-Min Easy Run  Then, 2 Rounds 8-Minute Hard Run 8-Minute Easy Run  Then, 8-Minute Easy Run	1hr30min Easy
<b>Nov 20</b>	30min Easy	10k Time Trial
<b>Nov 27</b>	12-Min Easy Run  Then, 3 Rounds 6-Minute Hard Run 6-Minute Easy Run  Then, 8-Minute Easy Run	2hr Easy
<b>Dec 4</b>	12-Min Easy Run  Then, 3 Rounds 6-Minute Hard Run 6-Minute Easy Run  Then, 8-Minute Easy Run	2hr Easy
<b>Dec 11</b>	12-Min Easy Run  Then, 3 Rounds 6-Minute Hard Run 6-Minute Easy Run  Then, 8-Minute Easy Run	2hr30min Easy
<b>Dec 18</b>	30min Easy	10k Time Trial
<b>Dec 25</b>	12-Min Easy Run  Then, 5 Rounds 4-Minute Hard Run 4-Minute Easy Run  Then, 8-Minute Easy Run	2hr30min Easy
<b>Jan 1</b>	12-Min Easy Run  Then, 5 Rounds 4-Minute Hard Run 4-Minute Easy Run  Then, 8-Minute Easy Run	3hr Easy
<b>Jan 8</b>	12-Min Easy Run  Then, 5 Rounds 4-Minute Hard Run 4-Minute Easy Run  Then, 8-Minute Easy Run	5k Time Trial
<b>Jan 15</b>	30min Easy	Austin 1/2 Marathon
<b>Jan 22</b>	12-Min Easy Run  Then, 10 Rounds 2-Minute Hard Run 2-Minute Easy Run  Then, 8-Minute Easy Run	3hr30min Easy
<b>Jan 29</b>	12-Min Easy Run  Then, 10 Rounds 2-Minute Hard Run 2-Minute Easy Run  Then, 8-Minute Easy Run	3hr Easy
<b>Feb 5</b>	12-Min Easy Run  Then, 10 Rounds 2-Minute Hard Run 2-Minute Easy Run  Then, 8-Minute Easy Run	1hr Easy
<b>Feb 12</b>	Rest	Sunday Marathon