Week of:	Thu 12 Min Facus Burn	Sat 1hr
Oct 30	12-Min Easy Run	1hr Easy
	Then, 2 Rounds	
	8-Minute Hard Run 8-Minute Easy Run	
	· ·	
	Then, 8-Minute Easy Run	
Nov 6	12-Min Easy Run	1hr15min Easy
	Then,	Lasy
	2 Rounds 8-Minute Hard Run	
	8-Minute Easy Run	
	Then, 8-Minute Easy Run	
Nov 13	12-Min Easy Run	1hr30min
	Then,	Easy
	2 Rounds 8-Minute Hard Run	
	8-Minute Easy Run	
	Then,	
Nov 20	8-Minute Easy Run 30min	10k
N 07	Easy	Time Trial
Nov 27	12-Min Easy Run	2hr Easy
	Then, 3 Rounds	
	6-Minute Hard Run 6-Minute Easy Run	
	-	
	Then, 8-Minute Easy Run	
Dec 4	12-Min Easy Run	2hr Easy
	Then, 3 Rounds	Lucy
	6-Minute Hard Run	
	6-Minute Easy Run	
	Then, 8-Minute Easy Run	
Dec 11	12-Min Easy Run	2hr30min
	Then,	Easy
	3 Rounds 6-Minute Hard Run	
	6-Minute Easy Run	
	Then,	
Dec 18	8-Minute Easy Run 30min	10k
	Easy	Time Trial
Dec 25	12-Min Easy Run	2hr30min Easy
	Then, 5 Rounds	
	4-Minute Hard Run 4-Minute Easy Run	
	Then,	
	8-Minute Easy Run	
Jan 1	12-Min Easy Run	3hr Easy
	Then, 5 Rounds	,
	4-Minute Hard Run	
	4-Minute Easy Run	
	Then, 8-Minute Easy Run	
Jan 8	12-Min Easy Run	5k Time Trial
	Then,	mile ifiai
	5 Rounds 4-Minute Hard Run	
	4-Minute Easy Run	
	Then, 8-Minute Easy Run	
Jan 15	30min	Austin 1/2
Jan 22	Easy 12-Min Easy Run	Marathon 3hr30min
	Then,	Easy
	10 Rounds	
	2-Minute Hard Run 2-Minute Easy Run	
	Then,	
1 00	8-Minute Easy Run	Ob-
Jan 29	12-Min Easy Run	3hr Easy
	Then, 10 Rounds	
	2-Minute Hard Run 2-Minute Easy Run	
	Then,	
	8-Minute Easy Run	
	12-Min Easy Run	1hr
Feb 5	· ·	Easv
Feb 5	Then,	Easy
Feb 5	10 Rounds 2-Minute Hard Run	Easy
Feb 5	10 Rounds 2-Minute Hard Run 2-Minute Easy Run	Easy
Feb 5	10 Rounds 2-Minute Hard Run	Easy
Feb 5	10 Rounds 2-Minute Hard Run 2-Minute Easy Run Then,	Easy Sunday Marathon