

California International Marathon :: December 5, 2010 ::

Times and Leaders

Monday/Tuesday/Thursday | 5:30 AM | Leaders: Jason Harper/Michelle Purcell

Friday | 8 AM | | Leader: Michelle Purcell | Michelle@bechange.cc

Saturday* | 6AM | | Leader: Jason Harper | Jason@bechange.cc

Saturday | 7AM | Location For Long Run | Leader: Marty Picone

Location for all runs: Teen Challenge Thrift Shop: 10025 Folsom Blvd. Rancho 95827

***Some additional Saturday fun run locations may be added for variety. All locations meet regardless.**

Week	SUN	MON	*TUES*	WED	*THUR*	FRI*	SAT
3 Aug 15-Aug 21	rest	20min	20min	OFF	20min	OFF	20min
4 Aug 22-Aug 28	rest	23min	23min	OFF	23min	rest	23min
5 Aug 29-Sept 4	rest	26min	26min	OFF	26min	rest	26min
6 Sept 5-Sept 11	rest	30min	30min	OFF	30min	rest	30min
7 Sept 12-Sept 18	rest	30min	30min	OFF	30min	rest	30min
8 Sept 19-Sept 25	rest	33min	33min	OFF	33min	rest	33min
9 Sept 26-Oct 2	rest	3 m run	4 m run	OFF	3 m run	rest	3 m run
10 Oct 3-Oct 9	rest	3 m run	4 m run	OFF	3 m run	rest	3 m run
11 Oct 10-Oct 16	rest	3 m run	5 m run	OFF	4 m run	rest	3 m run
12 Oct 17-Oct 23	rest	3 m run	5 m run	OFF	4 m run	rest	3 m run
13 Oct 24-Oct 30	rest	4 m run	4 m run	OFF	5 m run	rest	4 m run
14 Oct 31-Nov 6	rest	5 m run	5 m run	OFF	6 m run	rest	5 m run
15 Nov 7-Nov 13	rest	6 m run	6 m run	OFF	7 m run	rest	6 m run
16 Nov 14-Nov 20	rest	6 m run	8 m run	OFF	rest thanksgiving	5 m run	6 m run
17 Nov 21-Nov 28	rest	5 m run	4 m run	OFF	2 m run	5 m run	6 m run
18 Nov 29-Dec 4	rest	rest/ice	20min walk	20min walk	rest/ice	rest	rest

Training Description

Monday: Easy | Tuesday: Tempo (desired) race pace

Thursday: Interval runs (Coach led)

Friday/Saturday: Long Run

Training Hotline: 1.866.31.3224

Be Change.