

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	3 m run	4 m run	OFF	3 m run	rest	5
4 Aug 22-Aug 28	rest	3 m run	4 m run	OFF	3 m run	rest	9
5 Aug 29-Sept 4	rest	3 m run	5 m run	OFF	3 m run	rest	10
6 Sept 5-Sept 11	rest	3 m run	5 m run	OFF	3 m run	rest	7
7 Sept 12-Sept 18	rest	3 m run	6 m run	OFF	3 m run	rest	12
8 Sept 19-Sept 25	rest	3 m run	6 m run	OFF	3 m run	rest	13
9 Sept 26-Oct 2	rest	3 m run	7 m run	OFF	4 m run	rest	10
10 Oct 3-Oct 9	rest	3 m run	7 m run	OFF	4 m run	rest	15
11 Oct 10-Oct 16	rest	4 m run	8 m run	OFF	4 m run	rest	16
12 Oct 17-Oct 23	rest	4 m run	8 m run	OFF	5 m run	rest	12
13 Oct 24-Oct 30	rest	4 m run	9 m run	OFF	5 m run	rest	18
14 Oct 31-Nov 6	rest	5 m run	9 m run	OFF	5 m run	rest	14
15 Nov 7-Nov 13	rest	5 m run	10 m run	OFF	5 m run	rest	20
16 Nov 14-Nov 20	rest	5 m run	8 m run	OFF	rest thanksgiving	4 m run	12
17 Nov 21-Nov 28	rest	4 m run	6 m run	OFF	3 m run	rest	8
18 Nov 29-Dec 4	rest	4 m run	3 m run	OFF	3m run	OFF	OFF

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.