

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	3m	2m	OFF	2m	OFF	4m
4 Aug 22-Aug 28	rest	3m	2m	OFF	3m	OFF	4m
5 Aug 29-Sept 4	rest	4m	2m	OFF	3m	OFF	4m
6 Sept 5-Sept 11	rest	4m	3m	OFF	3m	OFF	45min
7 Sept 12-Sept 18	rest	4m	2m	OFF	2m	OFF	45min
8 Sept 19-Sept 25	rest	5m	4m	OFF	3m	OFF	6m
9 Sept 26-Oct 2	rest	5m	2m	OFF	4m	OFF	4m
10 Oct 3-Oct 9	rest	6m	4m	OFF	4m	OFF	5m
11 Oct 10-Oct 16	rest	6m	4m	OFF	4m	OFF	7m
12 Oct 17-Oct 23	rest	3m	6m	OFF	5m	OFF	7m
13 Oct 24-Oct 30	rest	5m	7m	OFF	5m	rest	8m
14 Oct 31-Nov 6	rest	7m	6m	OFF	6 m	rest	9m
15 Nov 7-Nov 13	rest	6m	6m	OFF	6m	rest	10m
16 Nov 14-Nov 20	rest	7m	8m	OFF	rest thanksgiving	5m run	11m
17 Nov 21-Nov 28	rest	5m	9m	OFF	2m	5m	6m
18 Nov 29-Dec 4	rest	7m	20min walk	20min walk	rest/ice	20min	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.