

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 2.0 miles	<b>2</b> 60 sec. x 6 lunging steps	<b>3</b> 2.5 miles	<b>4</b> 60 sec. x 6 wide/narrow steps	<b>5</b> 3.0 miles	<b>6</b> 60 sec. x 6 front to back jumps
<b>7</b> YOGA	<b>8</b> 2.75 miles	<b>9</b> 60 sec. x 6 lunging steps	<b>10</b> 3.0 miles	<b>11</b> 60 sec. x 6 wide/narrow steps	<b>12</b> 3.0 miles	<b>13</b> 60 sec. x 6 front to back jumps
<b>14</b> YOGA	<b>15</b> 3.0 miles	<b>16</b> 75 sec. x 6 lunging steps	<b>17</b> 3.25 miles	<b>18</b> 75 sec. x 6 wide/narrow steps	<b>19</b> 3.5 miles	<b>20</b> 75 sec. x 6 front to back jumps
<b>21</b> YOGA	<b>22</b> 1.0 mile then Sprints #1	<b>23</b> 75 sec. x 6 running style	<b>24</b> 3.5 miles	<b>25</b> 75 sec. x 6 one leg jumps (switch every 10)	<b>26</b> 3.5 miles	<b>27</b> 75 sec. x 6 Doubles
<b>28</b> YOGA						