

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1.25 miles then Sprints #1	2 75 sec. x 6 running style	3 3.5 miles	4 75 sec. x 6 one leg jumps (switch every 10)	5 3.5 miles	6 75 sec. x 6 Doubles
7 YOGA	8 1.25 miles then Sprints #1	9 90 sec. x 6 running style	10 3.5 miles	11 90 sec. x 6 one leg jumps (switch every 10)	12 3.75 miles	13 90 sec. x 6 Doubles
14 YOGA	15 1.5 miles then Sprints #2	16 3 min x 3 any style	17 3.75 miles	18 3 min x 3 mix up styles	19 3.0 miles	20 4.25 miles
21 YOGA	22 1.5 miles then Sprints #2	23 4 min x 3 any style	24 4.0 miles	25 4 min x 3 mix up styles	26 3.0 miles	27 5.0 miles
28 YOGA	29 1.5 miles then Sprints #2	30 5 min x 3 any style	31 4.5 miles	1 5 min x 3 mix up styles	2 3.0 miles	3 5.25 miles