



In Flight Running Training Schedule
Chevron Jingle Bell Run 5 Miler
Sunday, December 14th, 2008 - 2:00 PM
Intermediate Runner - 10 Weeks



	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Base Building								
Week 1	5-Oct-08	6-Oct-08	7-Oct-08	8-Oct-08	9-Oct-08	10-Oct-08	11-Oct-08	Totals
Run Schedule	OFF	3P	3T or OFF	3T	3T	OFF	4E	13-16
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)			
Base Building								
Week 2	12-Oct-08	13-Oct-08	14-Oct-08	15-Oct-08	16-Oct-08	17-Oct-08	18-Oct-08	Totals
Run Schedule	OFF	3P	3T or OFF	4T	3T	OFF	4E	14-17
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)			
Base Building								
Week 3	19-Oct-08	20-Oct-08	21-Oct-08	22-Oct-08	23-Oct-08	24-Oct-08	25-Oct-08	Totals
Run Schedule	OFF	3P	3T or OFF	4T	3T	OFF	TX Heart Instit. Great Pumpkin 5K	14-17
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)		or 4E	
Base Building								
Week 4	26-Oct-08	27-Oct-08	28-Oct-08	29-Oct-08	30-Oct-08	31-Oct-08	1-Nov-08	Totals
Run Schedule	OFF	3P	3T or OFF	4T	3T	OFF	5E	15-18
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)			
Base Building								
Week 5	2-Nov-08	3-Nov-08	4-Nov-08	5-Nov-08	6-Nov-08	7-Nov-08	8-Nov-08	Totals
Run Schedule	OFF	3P	3T or OFF	4T	3T	OFF	6E	16-19
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)			
Base Building								
Week 6	9-Nov-08	10-Nov-08	11-Nov-08	12-Nov-08	13-Nov-08	14-Nov-08	15-Nov-08	Totals
Run Schedule	OFF	4P	3T or OFF	4T	3T	OFF	Keller Williams Heart & Sole 10K Bear Creek Park	17-20
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)		or 6E	



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	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Pacing - Practice 5 Mile Race Pace								
Week 7	16-Nov-08	17-Nov-08	18-Nov-08	19-Nov-08	20-Nov-08	21-Nov-08	22-Nov-08	Totals
Run Schedule	OFF	4P @ PRP (5 Mile Dist)	3T or OFF	4T	3T	OFF	6E	17-20
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)	O (2)	>---	
Pacing - Practice 5 Mile Race Pace								
Week 8	23-Nov-08	24-Nov-08	25-Nov-08	26-Nov-08	27-Nov-08	28-Nov-08	29-Nov-08	Totals
Run Schedule	OFF	4P @ PRP (5 Mile Dist)	3T	OFF	TXU Uptown Turkey Trot 10K	OFF	6E	19
Run Log								
Cross Train	X		X			X		
Weights		<--- O (2)			or 6T			
Pacing - Practice 5 Mile Race Pace								
Week 9	30-Nov-08	1-Dec-08	2-Dec-08	3-Dec-08	4-Dec-08	5-Dec-08	6-Dec-08	Totals
Run Schedule	OFF	4P @ PRP (5 Mile Dist)	3T or OFF	4T	4P @ PRP (5 Mile Dist)	OFF	6E	18-21
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)			
Pacing - Practice 5 Mile Race Pace				Tapering - Reduce Mileage				
Week 10	7-Dec-08	8-Dec-08	9-Dec-08	10-Dec-08	11-Dec-08	12-Dec-08	13-Dec-08	Totals
Run Schedule	OFF	4P @ PRP (5 Mile Dist)	OFF	3P @ PRP (5 Mile Dist)	OFF	3P @ PRP (5 Mile Dist)	OFF	10
Run Log								
Cross Train	X		X			X		
Weight Train		<--- O (2)						
Race Day		Post Race Recovery						
Week 11	14-Dec-08	15-Dec-08	16-Dec-08	17-Dec-08	18-Dec-08	19-Dec-08	20-Dec-08	Totals
Run Schedule	Chevron	OFF	3T	OFF	4T	OFF	4E	16
Run Log	Downtown YMCA							
Cross Train	Jingle Bell 5 Miler		X			X		
Weight Train	2:00 PM	O or CSBi (2)			<--- O or LBaT (2)			