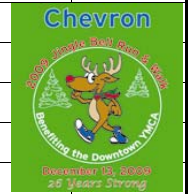




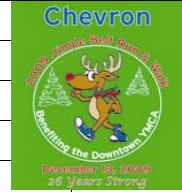
In Flight Running Training Schedule
Chevron Jingle Bell Run 5 Miler
Sunday, December 13th, 2009 - 2:00 PM
Beginner Runner - 10 Week Program



	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Base Building								
Week 1	4-Oct-09	5-Oct-09	6-Oct-09	7-Oct-09	8-Oct-09	9-Oct-09	10-Oct-09	Totals
Run Schedule	OFF	2P	2T or OFF	3T	2T	OFF	3E	10-12
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)			
Base Building								
Week 2	11-Oct-09	12-Oct-09	13-Oct-09	14-Oct-09	15-Oct-09	16-Oct-09	17-Oct-09	Totals
Run Schedule	OFF	2P	2T or OFF	3T	2T	OFF	3E	10-12
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)			
Base Building								
Week 3	18-Oct-09	19-Oct-09	20-Oct-09	21-Oct-09	22-Oct-09	23-Oct-09	24-Oct-09	Totals
Run Schedule	OFF	3P	2T or OFF	3T	2T	OFF	3E	11-13
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)			
Base Building								
Week 4	25-Oct-09	26-Oct-09	27-Oct-09	28-Oct-09	29-Oct-09	30-Oct-09	31-Oct-09	Totals
Run Schedule	OFF	3P	3T or OFF	3T	3T	OFF	TX Heart Instit. Great Pumpkin 5K	13-16
Run Log								
Cross Train	X		X			X		
Weights		<--- O or CSBi (2)			<--- O or LBaT (2)		or 4E	
Base Building								
Week 5	1-Nov-09	2-Nov-09	3-Nov-09	4-Nov-09	5-Nov-09	6-Nov-09	7-Nov-09	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 6	8-Nov-09	9-Nov-09	10-Nov-09	11-Nov-09	12-Nov-09	13-Nov-09	14-Nov-09	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)			



In Flight Running Training Schedule
Chevron Jingle Bell Run 5 Miler
Sunday, December 13th, 2009 - 2:00 PM
Beginner Runner - 10 Week Program



	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Base Building								
Week 7	15-Nov-09	16-Nov-09	17-Nov-09	18-Nov-09	19-Nov-09	20-Nov-09	21-Nov-09	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)	O (2)	>---	
Pacing - Practice 5 Mile Race Pace								
Week 8	22-Nov-09	23-Nov-09	24-Nov-09	25-Nov-09	26-Nov-09	27-Nov-09	28-Nov-09	Totals
Run Schedule	OFF	4 @ PRP (5 Mile Dist)	3T	OFF	TXU Uptown Turkey Trot 5K	OFF	5E	16
Run Log								
Cross Train	X		X			X		
Weights		<--- O (2)			or 4T			
Pacing - Practice 5 Mile Race Pace								
Week 9	29-Nov-08	30-Nov-09	1-Dec-09	2-Dec-09	3-Dec-09	4-Dec-09	5-Dec-09	Totals
Run Schedule	OFF	4 @ PRP (5 Mile Dist)	3T or OFF	4T	3 @ PRP (5 Mile Dist)	OFF	6E	17-20
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	6-Dec-09	7-Dec-09	8-Dec-09	9-Dec-09	10-Dec-09	11-Dec-09	12-Dec-09	Totals
Run Schedule	OFF	3 @ PRP (5 Mile Dist)	OFF	3 @ PRP (5 Mile Dist)	OFF	3 @ PRP (5 Mile Dist)	OFF	9
Run Log								
Cross Train	X		X			X		
Weight Train		<--- O (2)						
Race Day		Post Race Recovery						
Week 11	13-Dec-09	14-Dec-09	15-Dec-09	16-Dec-09	17-Dec-09	18-Dec-09	19-Dec-09	Totals
Run Schedule	Chevron Jingle Bell 5 Miler 2:00 PM	OFF	3T	OFF	3T	OFF	4E	15
Run Log	Downtown YMCA							
Cross Train	Jingle Bell 5 Miler		X			X		
Weight Train		O or CSBi (2)			<--- O or LBaT (2)			