

**Students Off And Running  
Training Schedule  
2009-2010**

<b>Week</b>	<b>Week of</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Long</b>	<b>Weekly Milage</b>	<b>Total Milage</b>
1	10/19/2009	2.00	2.00	3.00	7.00	7.00
2	10/26/2009	2.00	3.00	3.00	8.00	15.00
3	11/2/2009	3.00	2.00	4.00	9.00	24.00
4	11/9/2009	3.00	4.00	3.1 (5K)	10.10	34.10
5	11/16/2009	4.00	3.00	5.00	12.00	46.10
6	11/23/2009	5.00	Holiday	6.00	11.00	57.10
7	11/30/2009	4.00	4.00	5 (Shoes)	13.00	70.10
8	12/7/2009	5.00	3.00	6.2 (10K)	14.20	84.30
9	12/14/2009	3.00	4.00	10 (Holiday Bfast)	17.00	101.30
10	12/21/2009	5.00	Holiday	Holiday	5.00	106.30
11	12/28/2009	3.00	5.00	10.00	18.00	125.30
12	1/4/2010	4.00	3.00	13.1 (1st Half)	20.10	145.40
13	1/11/2010	3.00	4.00	10.00	17.00	162.40
14	1/18/2010	5.00	3.00	13.00	21.00	183.40
15	1/25/2010	3.00	5.00	14.00	22.00	205.40
16	2/1/2010	5.00	5.00	13.1 (2nd Half)	23.10	228.50
17	2/8/2010	5.00	4.00	15.00	24.00	252.50
18	2/15/2010	4.00	3.00	18 (SRLA) (Shoes)	25.00	277.50
19	2/22/2010	3.00	5.00	10.00	18.00	295.50
20	3/1/2010	3.00	3.00	20.00	26.00	321.50
21	3/8/2010	3.00	5.00	10.00	18.00	339.50
22	3/15/2010	3.00	3.00	26.2 LA XXV	32.20	371.70