

	Base Plan for Marsha						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18-Oct	50	10+ 30 steady + 10	off or x-train	65 pick up last 15	30 + 8 strides	90	off
25-Oct	50	10 + 20 fast + 10	off or x-train	65 pick up last 15	30 + 8 strides	1:45	off
01-Nov	50	10+ 30 steady + 10	off or x-train	65 pick up last 15	30 + 8 strides	90	off
08-Nov	40	10 + 20 fast + 10	off	10 + 10 x 1/1 + 10	20 + 6 strides	70	off
15-Nov	55	10+ 35 steady + 10	off or x-train	65 pick up last 15	30 + 8 strides	90	off
22-Nov	55	10 + 20 fast + 10	off or x-train	65 pick up last 15	30 + 8 strides	1:45	off
29-Nov	55	10+ 35 steady + 10	off or x-train	65 pick up last 15	30 + 8 strides	90	off
06-Dec	40	10 + 20 fast + 10	off	10 + 10 x 1/1 + 10	20 + 6 strides	70	off
13-Dec	60	10+ 40 steady + 10	off or x-train	70 pick up last 15	30 + 8 strides	1:45	off
20-Dec	60	10 + 20 fast + 10	off or x-train	70 pick up last 15	30 + 8 strides	x-mas	70
27-Dec	60	10+ 40 steady + 10	off or x-train	70 pick up last 15	30 + 8 strides	90	off
03-Jan	40	10 + 20 fast + 10	off	10 + 10 x 1/1 + 10	20 + 6 strides	90	off
Bill Corcoran							
www.runquick.com							
18-Oct							