

Chaney Fall

Week	Date	Day	Miles	Workout	Type
2	5/30		6.0	Hero Run	
	5/31		8.0	Easy	
	6/1		10.0	Easy	
	6/2		6.0	6E+Hillsprints	
	6/3		8.0	Last 5min Moderate	
	6/4		6.0	Easy	
	6/5		14.0	Last 10 min moderate	
			58.0		
2	6/6		6.0	6E+Hillsprints	
	6/7		8.0	8x30sec@10K	
	6/8		11.0	Easy	
	6/9		6.0	6E+Hillsprints	
	6/10		10.0	Last 10 min moderate	
	6/11		8.0	Easy	
	6/12		15.0	Last 15 moderate	
			64.0		
3	6/13		8.0	8E+Hillsprints	
	6/14		9.0	8x40sec@10K	
	6/15		11.0	Last 5 Moderate	
	6/16		8.0	Easy	
	6/17		10.0	5E+4Moderate+1MP	
	6/18		5.0	Easy	
	6/19		12.0	Last 20min moderate	
			63.0		
4	6/20		8.0	8E+Hillsprints	
	6/21		8.0	Easy	
	6/22		9.0	8x1min@5K	
	6/23		10.0	Last 5 Moderate	
	6/24		4.0	Easy	
	6/25		5.0	Akron 8K	
	6/26		14.0	Last 30 min hard	
			58.0		
5	6/27		8.0	8E+Hillsprints	
	6/28		9.0	Fartlek 8x2min	
	6/29		12.0	Last 5 Moderate	
	6/30		10.0	Easy	
	7/1		5.0	Easy	
	7/2		16.0	Last 20min moderate	
	7/3		3.0	Easy	
			63.0		
6	7/4		5.0	North Canton 5 Miler	
	7/5		4.0	Easy	
	7/6		12.0	Last 6 Moderate	
	7/7		8.0	Easy	
	7/8		8.0	2E+2x15min@HM+2E	
	7/9		6.0	Easy	
	7/10		18.0	12x30sec@10K	
			61.0		
7	7/11		8.0	8E+Hillsprints	
	7/12		8.0	2E+4x6min@10K+2E	
	7/13		15.0	Easy	
	7/14		10.0	Easy	

Chaney Fall

Week	Date	Day	Miles	Workout	Type
	7/15		6.0	8x30sec@10K	
	7/16		6.0	Easy	
	7/17		10.0	RACE	
			63.0		
8	7/18		10.0	10E+HillSprints	
	7/19		10.0	Easy	
	7/20		10.0	Easy	
	7/21		10.0	Fartlek 12x30sec	
	7/22		12.0	Easy	
	7/23		8.0	Easy	
	7/24		15.0	1hrE+15x1min@MP+30minE	
			75.0		
9	7/25		8.0	8E+HillSprints	
	7/26		8.0	4E+5x3minHills+3E	
	7/27		12.0	Last 6 Moderate	
	7/28		10.0	Easy	
	7/29		14.0	3E+8MP+3E	
	7/30		5.0	Easy	
	7/31		18.0	10%slowerMP	
			75.0		
10	8/1		8.0	8E+HillSprints	
	8/2		12.0	3E+15minMP+15minHM+15min10K+3E	
	8/3		12.0	Last 6 Moderate	
	8/4		10.0	Easy	
	8/5		3.0	Easy	
	8/6		6.0	Around the Beach 5K	
	8/7		6.0	Easy	
			57.0		
11	8/8		8.0	8E+HillSprints	
	8/9		9.0	3E+3MPto5K+3E	
	8/10		14.0	Easy	
	8/11		10.0	Easy	
	8/12		5.0	Easy	
	8/13		14.0	Akron Half Marathon	
	8/14		20.0	Last 30 min moderate	
			80.0		
12	8/15		8.0	8E+HillSprints	
	8/16		11.0	3E+2x(10x400m)+3E	
	8/17		15.0	Easy	
	8/18		6.0	Easy	
	8/19		8.0	3E+2x10min@HM+3E	
	8/20		6.0	Easy	
	8/21		22.0	Easy	
			76.0		
13	8/22		6.0	6E+HillSprints	
	8/23		9.0	3E+6x800m@5K+3E	
	8/24		12.0	Easy	
	8/25		6.0	Easy	
	8/26		11.0	3E+3x10min@10K+3E	
	8/27		6.0	6E / Kylie Rose 5K	
	8/28		14.0	1hr+5x3min@MP+30min	
			64.0		

Chaney Fall

Week	Date	Day	Miles	Workout	Type
14	8/29		6.0	6E+HillSprints	
	8/30		9.0	3E+5x1K@5k+3E	
	8/31		10.0	Moderate	
	9/1		8.0	Easy	
	9/2		9.0	2E+5HMto10K+2E	
	9/3		0.0	Rest Day	
	9/4		22.0	Last 11 Moderate	
			64.0		
15	9/5		6.0	6E+HillSprints	
	9/6		10.0	Moderate	
	9/7		12.0	3E+6x1mi@10K+3E	
	9/8		10.0	Easy	
	9/9		10.0	Easy	
	9/10		4.0	Easy	
	9/11		26.2	Erie Marathon	
			78.2		
16	9/12		2.0	Easy	
	9/13		4.0	Easy	
	9/14		4.0	Easy	
	9/15		12.0	12E	
	9/16		12.0	3E+10x1K@HM+3E	
	9/17		6.0	6E	
	9/18		24.0	24E	
			64.0		
17	9/19		8.0	8E+HillSprints	
	9/20		10.0	2E+6MPtoHP+2E	
	9/21		14.0	14E	
	9/22		10.0	10E	
	9/23		3.0	3E	
	9/24		26.2	Akron Marathon / 1E+18MP+E	
	9/25		2.0	2E	
			73.2		
18	9/26		10.0	10E	
	9/27		12.0	8x2min@HM	
	9/28		14.0	Last 7 Moderate	
	9/29		10.0	Last 5 Moderate	
	9/30		14.0	2E+10MP+2E	
	10/1		10.0	5E-AM 5E-PM	
	10/2		20.0	LR	
			90.0		
19	10/3		6.0	6E+HillSprints	
	10/4		11.0	8x2min@HM	
	10/5		12.0	Last 6 Moderate	
	10/6		8.0	8E	
	10/7		12.0	2E+2x4@MP+2E	
	10/8		6.0	6E	
	10/9		14.0	LR last 20 min moderate	
			69.0		
20	10/10		8.0	8E+HillSprints	
	10/11		9.0	2E/4x2K@MP/2E	
	10/12		6.0	6E	
	10/13		6.0	6E	

Chaney Fall

Week	Date	Day	Miles	Workout	Type
	10/14		5.0	2E2MP1E	
	10/15		4.0	Easy	
	10/16		26.2	Columbus Marathon	
			64.2		