

Week	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Mileage	Notes
1	7/12/2010	Teach BodyPump  Easy Run 3 miles at 10:15	Ashtanga Yoga  Teach BodyPump	Tempo Run 5 miles - 2 warm up/cool down, 3 at 8:41	Yoga or REST	Hot Vinyasa Yoga	Teach BodyPump  Long Run 8 miles at 10:15	Hot Yoga	16 miles	
2	7/19/2010	Teach BodyPump  Easy Run 3 miles at 10:15	Ashtanga Yoga  Teach BodyPump	Speedwork 5 miles - 1 mile warm up, 2 x 1600 at 8:12, 800 jog in between, cool down	Yoga or REST	Hot Vinyasa Yoga	Teach BodyPump  Long Run 9 miles at 10:15	Hot Yoga	17 miles	
3	7/26/2010	Teach BodyPump  Easy Run 3 miles at 10:15	Ashtanga Yoga  Teach BodyPump	Tempo Run 5 miles - 2 warm up/cool down, 3 at 8:41	Teach BodyPump	Hot Vinyasa Yoga	Long Run 9 miles at 10:15	Hot Yoga	18 miles	
4	8/2/2010	Teach BodyPump  5 miles at 10:15	Ashtanga Yoga  Teach BodyPump	Easy Run 5 miles at 10:15	Yoga or REST	Hot Vinyasa Yoga	Easy Run 5 miles at 10:15	Hot Yoga	15 miles	
5	8/9/2010	Teach BodyPump  Easy Run 2 miles at 10:09	Ashtanga Yoga  Teach BodyPump	Tempo Run 6 miles - 2 warm up/cool down, 4 at 8:41	Yoga or REST	Hot Vinyasa Yoga	Long Run 12 miles at 10:09	Hot Yoga	20 miles	
6	8/16/2010	Teach BodyPump  Easy Run 2 miles at 10:09	Ashtanga Yoga  Teach BodyPump	Speedwork 7 miles - Warm, 3 x 1600 at 8:07 w/800 jogs, cool down	Yoga or REST	Hot Vinyasa Yoga	Long Run 14 miles at 10:09	Hot Yoga	23 miles	
7	8/23/2010	Teach BodyPump  Easy Run 2 miles at 10:09	Ashtanga Yoga  Teach BodyPump	Tempo Run 6 miles - 2 warm/cool, 4 at 8: 41	REST	Hot Vinyasa Yoga	Long Run 16 miles at 10:09	Hot Yoga	24 miles	
8	8/30/2010	Teach BodyPump  Easy Run 6 miles at 10:09	Ashtanga Yoga  Teach BodyPump	Easy Run 5 miles at 10:09	Yoga or REST	Hot Vinyasa Yoga	Easy Run 6 miles at 10:09	Hot Yoga	17 miles	
9	9/6/2010	Teach BodyPump  Easy Run 2 miles at 10:03	Ashtanga Yoga  Teach BodyPump	Tempo Run 7 miles - 2 warm/cool, 5 at 8: 40	REST	Hot Vinyasa Yoga	Long Run 18 miles at 10:03	Hot Yoga	27 miles	
10	9/13/2010	Teach BodyPump  Easy Run 2 miles at 10:03	Ashtanga Yoga  BodyPump	Speedwork 8 miles - warm, 4 x 1600 at 8:02 w/800 jogs in between, cooldown	REST	Hot Vinyasa Yoga	Long Run 20 miles at 10:03	Hot Yoga	30 miles	
11	9/20/2010	Teach BodyPump  Easy Run 2 miles at 10:03	Ashtanga Yoga  BodyPump	Tempo Run 7 miles - 2 warm/cool, 5 at 8: 40	REST	Hot Vinyasa Yoga	Long Run 16 miles at 10:03	Hot Yoga	25 miles	
12	9/27/2010	Teach BodyPump  Easy Run 6 miles at 10:03	Ashtanga Yoga  Teach BodyPump	Easy Run 6 miles at 10:03	Yoga or REST	Hot Vinyasa Yoga	Easy Run 7 miles at 10:03	Hot Yoga	19 miles	
13	10/4/2010	Teach BodyPump  Easy Run 2 at 9:57	Ashtanga Yoga  Teach BodyPump	Temp Run 5 miles - 2 warm/cool, 3 at 8: 25	REST	Hot Vinyasa Yoga	Long Run 20 miles at 9:57	Hot Yoga	27 miles	

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14	10/11/2010	Teach BodyPump  Easy Run 2 at 9:57	Ashtanga Yoga  Teach BodyPump	Speedwork 8 miles - warm, 4 x 1600 at 7:57 w/800 jogs, cool	REST	Hot Vinyasa Yoga	Long Run 12 miles at 9:57	Hot Yoga	22 miles	
15	10/18/2010	Teach BodyPump  Easy Run 2 miles at 9:57	Ashtanga Yoga  Teach BodyPump	Tempo Run 5 miles - 2 warm/cool, 3 at 8: 25	REST	Hot Vinyasa Yoga	Long Run 8 miles at 8:57	Hot Yoga	15 miles	
16	10/25/2010	Easy Run 2 miles at 10:15	REST	Tempo Run 5 miles - 2 warm/cool, 3 at 8: 41	REST	Easy Run 2 miles at 10:15	REST	MARINE CORPS MARATHON  26.2 miles at 9:10 Time: 4:00:45	35 miles	