Week	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Mileage	Notes
1	7/12/2010	Teach BodyPump  Easy Run	Ashtanga Yoga Teach BodyPump	Tempo Run 5 miles - 2 warm up/cool down, 3 at	Yoga or REST	Hot Vinyasa Yoga	Teach BodyPump  Long Run		16 miles	
		3 miles at 10:15	reach BodyPump	8:41			8 miles at 10:15			
2	7/19/2010	Teach BodyPump	Ashtanga Yoga	Speedwork 5 miles - 1 mile	Yoga or REST	Hot Vinyasa Yoga	Teach BodyPump	Hot Yoga	17 miles	
		Easy Run 3 miles at 10:15	Teach BodyPump	warm up, 2 x 1600 at 8:12, 800 jog in between, cool down			Long Run 9 miles at 10:15			
3	7/26/2010	Teach BodyPump Easy Run	Ashtanga Yoga Teach BodyPump	Tempo Run 5 miles - 2 warm up/cool down, 3 at	Teach BodyPump	Hot Vinyasa Yoga	Long Run 9 miles at 10:15	Hot Yoga	18 miles	
4	8/2/2010	3 miles at 10:15 Teach BodyPump	Ashtanga Yoga	8:41 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	5 miles at 10:15 Teach BodyPump	Teach BodyPump Ashtanga Yoga	Tempo Run	Yoga or REST	Hot Vinyasa Yoga	Long Run	Hot Yoga	20 miles	
	5/5/2010	Easy Run 2 miles at 10:09	Teach BodyPump	6 miles - 2 warm up/cool down, 4 at 8:41	roga or rizor	The Viriyada Paga	12 miles at 10:09	That raga	20 1111100	
6	8/16/2010	Teach BodyPump	Ashtanga Yoga	Speedwork	Yoga or REST	Hot Vinyasa Yoga	Long Run	Hot Yoga	23 miles	
		Easy Run 2 miles at 10:09	Teach BodyPump	7 miles - Warm, 3 x 1600 at 8:07 w/800 jogs, cool			14 miles at 10:09			
7	8/23/2010	Teach BodyPump	Ashtanga Yoga	down Tempo Run	REST	Hot Vinyasa Yoga	Long Run	Hot Yoga	24 miles	
		Easy Run 2 miles at 10:09	Teach BodyPump	6 miles - 2 warm/cool, 4 at 8:			16 miles at 10:09			
8	8/30/2010	Teach BodyPump	Ashtanga Yoga	Easy Run	Yoga or REST	Hot Vinyasa Yoga	Easy Run	Hot Yoga	17 miles	
		Easy Run 6 miles at 10:09	Teach BodyPump	5 miles at 10:09			6 miles at 10:09			
9	9/6/2010	Teach BodyPump	Ashtanga Yoga	Tempo Run	REST	Hot Vinyasa Yoga	Long Run	Hot Yoga	27 miles	
		Easy Run 2 miles at 10:03	Teach BodyPump	7 miles - 2 warm/cool, 5 at 8: 40			18 miles at 10:03			
10	9/13/2010	Teach BodyPump	Ashtanga Yoga	Speedwork	REST	Hot Vinyasa Yoga		Hot Yoga	30 miles	
		Easy Run	BodyPump	8 miles - warm, 4 x 1600 at 8:02 w/800			20 miles at 10:03			
		2 miles at 10:03	Bodyr dilip	jogs in between, cooldown						
11	9/20/2010	Teach BodyPump	Ashtanga Yoga	Tempo Run 7 miles - 2	REST	Hot Vinyasa Yoga	Long Run 16 miles at 10:03	Hot Yoga	25 miles	
		Easy Run 2 miles at 10:03	BodyPump	warm/cool, 5 at 8:			10 miles at 10.00			
12	9/27/2010	Teach BodyPump	Ashtanga Yoga	Easy Run 6 miles at 10:03	Yoga or REST	Hot Vinyasa Yoga	Easy Run 7 miles at 10:03	Hot Yoga	19 miles	
		Easy Run 6 miles at 10:03	Teach BodyPump	o miles at 10.00			, miles at 10.03			
13	10/4/2010	Teach BodyPump	Ashtanga Yoga Teach BodyPump	Temp Run 5 miles - 2 warm/cool, 3 at 8:	REST	Hot Vinyasa Yoga	Long Run 20 miles at 9:57	Hot Yoga	27 miles	
		Easy Run 2 at 9:57	reach bodyrump	25						

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