

# January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  New Year's Day	2  Log Boom Park, Head North Long Run Day, Increase your previous time by 5 min.
3	4  On your own  Easy run day 30-50min	5  Kellogg Track Drills S - 800M intervals M- 2000M intervals L- 3000M intervals Strength Work	6  Optional: On your own,  Easy run 30-50min	7  Kellogg Track  S - 1,2,3,3,2,1 laps M- 2,3,4,3,2,1 laps L- 2,3,4,5,4,3,2 laps	8  On your own,  Sit ups, plank, lunges, & pushups	9  Log Boom Park, Head South Long Run Day
10	11  On your own  Easy run day 30-50min	12  Kellogg Track Drills S - 400M intervals M- 1000M intervals L- 3200M intervals Strength Work	13  Optional: On your own,  Easy run 30-50min	14  Kellogg Track  S - 1,2,3,4,2,1, laps M- 2,3,4,5,3, laps L- 3,4,5,6,4,3, laps	15  On your own,  Supermans, plank, squat jumps, & pushups	16  Magnuson Series
17	18  On your own  Easy run day 30-50min Martin Luther King Jr. Day	19  Kellogg Track Drills S - 600M intervals M- 1600M intervals L- 2400M intervals Strength Work	20  Optional: On your own,  Easy run 30-50min	21  Kellogg Track  S - 5,4,3 laps M- 6,5,4,2, laps L- 8,6,4,2,, laps	22  On your own,  Sit ups, plank, lunges, & pushups	23  Log Boom Park, Head South Long Run Day
24	25  On your own	26  Mile repeats	27  Optional: On your own,	28  Kellogg Track	29  On your own,	30  Log Boom Park, Head North
31	Easy run day 30-50min	Chinese New Year	Easy run 30-50min	Relay team workout! Distances will be determined at practice.	Supermans, plank, squat jumps, & pushups	Long Run Day, Increase your previous time by 5 min.

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p>On your own</p> <p>Easy run day 30-50min</p>	<p><b>2</b></p> <p>Coaches out of town until Sunday, track will be open if you want to use it.</p>	<p><b>3</b></p> <p>Optional: On your own,</p> <p>Easy run 30-50min</p>	<p><b>4</b></p> <p>Coaches out of town until Sunday, track will be open if you want to use it.</p>	<p><b>5</b></p> <p>On your own,</p> <p>Sit ups, plank, lunges, &amp; pushups</p>	<p><b>6</b></p> <p>Coaches out of town until Sunday, on your own long run day.</p>
<p><b>7</b></p>	<p><b>8</b></p> <p>On your own</p> <p>Easy run day 30-50min</p>	<p><b>9</b></p> <p>Marathon 800's (for 40 min's)</p>	<p><b>10</b></p> <p>Optional: On your own,</p> <p>Easy run 30-50min</p>	<p><b>11</b></p> <p>Kellogg Track Drills S - 200M intervals M-800M intervals L-1000M intervals Strength Work</p>	<p><b>12</b></p> <p>On your own,</p> <p>Supermans, plank, squat jumps, &amp; pushups</p>	<p><b>13</b></p> <p>Magnuson Series</p>
<p><b>14</b></p> <p>Valentine's Day</p>	<p><b>15</b></p> <p>On your own</p> <p>Easy run day 30-50min</p>	<p><b>16</b></p> <p>Kellogg Track Drills S - 600M intervals M-1,600M intervals L-2,400M intervals Strength Work</p>	<p><b>17</b></p> <p>Optional: On your own,</p> <p>Easy run 30-50min</p>	<p><b>18</b></p> <p>Kellogg Track  S - 1,2,3,3,2,1 laps M- 2,3,4,3,2,1 laps L- 2,3,4,5,4,3,2 laps</p>	<p><b>19</b></p> <p>On your own,</p> <p>Sit ups, plank, lunges, &amp; pushups</p>	<p><b>20</b></p> <p>Log Boom Park, Head South Long Run Day</p>
<p><b>21</b></p>	<p><b>22</b></p> <p>Washington's Birthday</p>	<p><b>23</b></p> <p>S - 3 mile M - 3mile, 1mile L - 4mile, 1mile</p>	<p><b>24</b></p> <p>Optional: On your own,</p> <p>Easy run 30-50min</p>	<p><b>25</b></p> <p>Kellogg Track  S - 1,2,3,4,2,1, laps M- 2,3,4,5,3, laps L- 3,4,5,6,4,3, laps</p>	<p><b>29</b></p> <p>On your own,</p> <p>Supermans, plank, squat jumps, &amp; pushups</p>	<p><b>27</b></p> <p>Log Boom Park, Stair Run option</p>
<p><b>28</b></p> <p>Purim</p>						

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p>On your own</p> <p>Easy run day 30-50min</p>	<p><b>2</b></p> <p>Kellogg Track Drills S - 800M intervals M-2,000M intervals L-4000M intervals Strength Work</p>	<p><b>3</b></p> <p>Optional: On your own,</p> <p>Easy run 30-50min</p>	<p><b>4</b></p> <p>Kellogg Track</p> <p>S - 1,2,3,3,2,1 laps M- 2,3,4,3,2,1 laps L- 2,3,4,5,4,3,2 laps</p>	<p><b>5</b></p> <p>On your own,</p> <p>Sit ups, plank, lunges, &amp; pushups</p>	<p><b>6</b></p> <p><b>Tiger Mountain, Trail Run Day</b> Meet at Shoreline Stadium Parking Lot to carpool @ 8:45am</p>
<p><b>7</b></p>	<p><b>8</b></p> <p>On your own</p> <p>Easy run day 30-50min</p>	<p><b>9</b></p> <p>Kellogg Track Drills S - 400M intervals M-1,000M intervals L-3,200M intervals Strength Work</p>	<p><b>10</b></p> <p>Optional: On your own,</p> <p>Easy run 30-50min</p>	<p><b>11</b></p> <p>Kellogg Track</p> <p>S - 1,2,3,4,2,1, laps M- 2,3,4,5,3, laps L- 3,4,5,6,4,3, laps</p>	<p><b>12</b></p> <p>On your own,</p> <p>Supermans, plank, squat jumps, &amp; pushups</p>	<p><b>13</b></p> <p>Log Boom Park, Head North Long Run Day, Increase your previous time by 5 min.</p>
<p><b>14</b></p> <p>Daylight Savings begins</p>	<p><b>15</b></p> <p>On your own</p> <p>Easy run day 30-50min</p> <p>Martin Luther King Jr. Day</p>	<p><b>16</b></p> <p>Kellogg Track Drills S - 600M intervals M-1,600M intervals L-2,400M intervals Strength Work</p>	<p><b>17</b></p> <p>Optional: On your own,</p> <p>Easy run 30-50min</p>	<p><b>18</b></p> <p>Kellogg Track</p> <p>S - 5,4,3 laps M- 6,5,4,2, laps L- 8,6,4,2,, laps</p>	<p><b>19</b></p> <p>On your own,</p> <p>Sit ups, plank, lunges, &amp; pushups</p>	<p><b>20</b></p> <p>Magnuson Series</p>
<p><b>21</b></p>	<p><b>22</b></p> <p>On your own</p> <p>Easy run day 30-50min</p>	<p><b>23</b></p> <p>Kellogg Track Mile repeats</p> <p>Chinese New Year</p>	<p><b>24</b></p> <p>Optional: On your own,</p> <p>Easy run 30-50min</p>	<p><b>25</b></p> <p>Kellogg Track</p> <p>Relay team workout! Distances will be determined at practice.</p>	<p><b>26</b></p> <p>On your own,</p> <p>Supermans, plank, squat jumps, &amp; pushups</p>	<p><b>27</b></p> <p>Log Boom Park, Head North Long Run Day, Increase your previous time by 5 min.</p>
<p><b>28</b></p> <p>Palm Sunday</p>	<p><b>29</b></p> <p>On your own</p> <p>Easy run day 30-50min</p>	<p><b>30</b></p> <p>Kellogg Track Drills S - 800M intervals M-2,000M intervals L-4000M intervals Strength Work</p>	<p><b>31</b></p> <p>Optional: On your own,</p> <p>Easy run 30-50min</p>			

# April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  April Fool's Day	2  Good Friday	3  Mt. Si Trail Run Day Meet at Shoreline Stadium Parking Lot to carpool @ 8:45am
4  Easter Sunday	5  On your own  Easy run day 30-50min	6  Kellogg Track Drills S - 400M intervals M-1,000M intervals L-3,200M intervals Strength Work	7  Optional: On your own,  Easy run 30-50min	8  Kellogg Track Mile repeats, or relay workout	9  On your own,  Sit ups, plank, lunges, & pushups	10  Log Boom Park, Head North Long Run Day, Increase your previous time by 5 min.
11	12  On your own  Easy run day 30-50min	13  Kellogg Track Marathon 800's (for 40 min's)	14  Optional: On your own,  Easy run 30-50min	15  Kellogg Track Drills S - 200M intervals M-800M intervals L-1000M intervals Strength Work	16  On your own,  Supermans, plank, squat jumps, & pushups	17  Magnuson Series
18	19  On your own  Easy run day 30-50min	20  Kellogg Track Drills S - 600M intervals M-1,600M intervals L-2,400M intervals Strength Work	21  Optional: On your own,  Easy run 30-50min	22  Kellogg Track  S - 1,2,3,3,2,1 laps M- 2,3,4,3,2,1 laps L- 2,3,4,5,4,3,2 laps	23  On your own,  Sit ups, plank, lunges, & pushups	24  Log Boom Park, Head North Long Run Day, Increase your previous time by 5 min.
25	26  Washington's Birthday	27  Kellogg Track Relay team workout! Distances will be determined at practice.	28  Optional: On your own,  Easy run 30-50min	29  Kellogg Track  S - 1,2,3,4,2,1, laps M- 2,3,4,5,3, laps L- 3,4,5,6,4,3, laps	30  On your own,  Supermans, plank, squat jumps, & pushups	May 1  Log Boom Park, Head South Long Run Day

# May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 To be continued...	4	5 Cinco de Mayo	6	7	8 Log Boom Park, Head North Long Run Day, Increase your previous time by 5 min.
9 Mother's Day	10	11	12	13	14	15 Log Boom Park, Head South Long Run Day
16	17	18	19	20	21	22 Log Boom Park, Head North Long Run Day, Increase your previous time by 5 min.
23	24 Victoria Day (Canada)	25	26	27	28	29 Magnuson Series
30	31 Memorial Day Observed					

# June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Log Boom Park, Head North Long Run Day, Increase your previous time by 5 min.
6	7	8	9	10	11	12 Cougar MT. Trail Run Day Meet at Shoreline Stadium Parking Lot to carpool @ 8:45am
13	14 Flag Day	15	16	17	18	19 Magnuson Series
20 Father's Day	21 Summer begins	22	23	24	25	26 Log Boom Park, Head South Long Run Day
27	28	29	30			

# July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <small>Canada Day</small>	2	3
4 <small>Independence Day</small>	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 <small>Labor Day</small>	7	8	9 <small>Rosh Hashanah</small>	10	11
12 <small>Grandparents Day</small>	13	14	15	16	17	18 <small>Yom Kippur</small>
19	20	21	22	23 <small>Autumn begins</small>	24	25
26	27	28	29	30		

# October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 <small>Columbus Day</small>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 <small>Halloween</small>						

# November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
Daylight Savings ends				Veteran's Day		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				Thanksgiving		
28	29	30				

# December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <small>Hanukkah begins</small>	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21 <small>Winter begins</small>	22	23	24 <small>Christmas Eve</small>	25 <small>Christmas Day</small>
26 <small>Kwanzaa</small>	27	28	29	30	31 <small>New Year's Eve</small>	