

January 2007

December 2006							January 2007							February 2007							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2	1	2	3	4	5	6							1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
24	25	26	27	28	29	30	28	29	30	31	25	26	27	28							
31																					

■ Half-Marathon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 6:00 PM Stretch & Strengthen	2 6:00 PM 3m run	3 6:00 PM 2m run or cross	4 6:00 PM 3m run + strength	5 6:00 PM rest	6 6:00 PM 30 min cross
7 6:00 PM 4m run	8 6:00 PM Stretch & Strengthen	9 6:00 PM 3m run	10 6:00 PM 2m run or cross	11 6:00 PM 3m run + strength	12 6:00 PM rest	13 6:00 PM 30 min cross
14 6:00 PM 4m run	15 6:00 PM Stretch & Strengthen	16 6:00 PM 3.5m run	17 6:00 PM 2m run or cross	18 6:00 PM 3.5m run + strength	19 6:00 PM rest	20 6:00 PM 40 min cross
21 6:00 PM 5m run	22 6:00 PM Stretch & Strengthen	23 6:00 PM 3.5m run	24 6:00 PM 2m run or cross	25 6:00 PM 3.5m run + strength	26 6:00 PM rest	27 6:00 PM 40 min cross
28 6:00 PM 5m run	29 6:00 PM Stretch & Strengthen	30 6:00 PM 4m run	31 6:00 PM 2m run or cross	1 6:00 PM 4m run + strength	2 6:00 PM rest	3 6:00 PM 40 min cross

February 2007

January 2007							February 2007							March 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3					1	2	3	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28				25	26	27	28	29	30	31

■ Half-Marathon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 -6:00 PM 5m run	29 -6:00 PM Stretch & Strengthen	30 -6:00 PM 4m run	31 -6:00 PM 2m run or cross	1 -6:00 PM 4m run + strength	2 -6:00 PM rest	3 -6:00 PM 40 min cross
4 -6:00 PM 6m run	5 -6:00 PM Stretch & Strengthen	6 -6:00 PM 4m run	7 -6:00 PM 2m run or cross	8 -6:00 PM 4m run + strength	9 -6:00 PM rest or easy run	10 -6:00 PM rest
11 -6:00 AM 5-K Race - (3.1miles) 6am Chinatown Firecracker	12 -6:00 PM Stretch & Strengthen	13 -6:00 PM 4.5m run	14 -6:00 PM 3m run or cross	15 -6:00 PM 4.5m run + strength	16 -6:00 PM rest	17 -6:00 PM 50 min cross
18 -6:00 PM 7m run	19 -6:00 PM Stretch & Strengthen	20 -6:00 PM 4.5m run	21 -6:00 PM 3m run or cross	22 -6:00 PM 4.5m run + strength	23 -6:00 PM rest	24 -6:00 PM 50 min cross
25 -6:00 PM 8m run	26 -6:00 PM Stretch & Strengthen	27 -6:00 PM 5m run	28 -6:00 PM 3m run or cross	1 -6:00 PM 5m run + strength	2 -6:00 PM rest or easy rubn	3 -6:00 PM rest

March 2007

February 2007							March 2007							April 2007												
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S						
					1	2	3					1	2	3						1	2	3	4	5	6	7
4	5	6	7	8	9	10	4	5	6	7	8	9	10	8	9	10	11	12	13	14						
11	12	13	14	15	16	17	11	12	13	14	15	16	17	15	16	17	18	19	20	21						
18	19	20	21	22	23	24	18	19	20	21	22	23	24	22	23	24	25	26	27	28						
25	26	27	28	25	26	27	28	29	30	31	29	30														

■ Half-Marathon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 ■ 6:00 PM 8m run	26 ■ 6:00 PM Stretch & Strengthen	27 ■ 6:00 PM 5m run	28 ■ 6:00 PM 3m run or cross	1 ■ 6:00 PM 5m run + strength	2 ■ 6:00 PM rest or easy rubn	3 ■ 6:00 PM rest
4 ■ 6:00 PM 9m run	5 ■ 6:00 PM Stretch & Strengthen	6 ■ 6:00 PM 5m run	7 ■ 6:00 PM 3m run or cross	8 ■ 6:00 PM 5m run + strength	9 ■ 6:00 PM rest	10 ■ 6:00 PM 60 min cross
11 ■ 6:00 PM 9m run	12 ■ 6:00 PM Stretch & Strengthen	13 ■ 6:00 PM 5m run	14 ■ 6:00 PM 3m run or cross	15 ■ 6:00 PM 5m run + strength	16 ■ 6:00 PM rest	17 ■ 6:00 PM 60 min cross
18 ■ 6:00 AM 10K race - 6.2 miles - 6am, Knott's Berry Farm	19 ■ 6:00 PM Stretch & Strengthen	20 ■ 6:00 PM 4m run	21 ■ 6:00 PM 3m run or cross	22 ■ 6:00 PM 4m run + strength	23 ■ 6:00 PM rest	24 ■ 6:00 PM 40 min cross
25 ■ 6:00 PM 7m run	26 ■ 11:00 AM Stretch & Strengthen	27 ■ 11:00 AM 4m run	28 ■ 11:00 AM 3m run or cross	29 ■ 11:00 AM rest	30 ■ 11:00 AM rest	31 ■ 6:00 AM Half-Marathon - The Dole Great Race - 6am