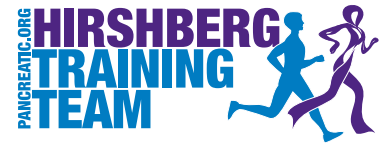


13.1 - Marina del Rey 2015/2016



WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	9/7 30-45 min	9/8 rest or x-train	9/9 30 - 45 min	9/10 30 - 45 min	9/11 x-train 40-60 min	9/12 2 - 4 miles	9/13 rest
2	9/14 30-45 min	9/15 rest or x-train	9/16 30 - 45 min	9/17 30 - 45 min	9/18 x-train 40 - 60 min	9/19 3 - 5 miles	9/20 rest
3	9/21 30-45 min	9/22 rest or x-train	9/23 30 - 45 min	9/24 30 - 45 min	9/25 x-train 40 - 60 min	9/26 3 - 6 miles	9/27 rest
4	9/28 30-45 min	9/29 rest or x-train	9/30 30 - 45 min	10/1 30 - 45 min	10/2 x-train 40 - 60 min	10/3 4 - 7 miles	10/4 rest
5	10/5 30-45 min	10/6 rest or x-train	10/7 30 - 50 min	10/8 30 - 45 min	10/9 x-train 40 - 60 min	10/10 3 - 4 miles	10/11 rest
6	10/12 30-45 min	10/13 rest or x-train	10/14 30 - 50 min	10/15 30 - 45 min	10/16 x-train 40 - 60 min	10/17 5 - 7 miles	10/18 rest
7	10/19 30-45 min	10/20 rest or x-train	10/21 30 - 50 min	10/22 30 - 45 min	10/23 x-train 40 - 60 min	10/24 3 - 4 miles	or LACC 5k/10k
8	10/26 30-45 min	10/27 rest or x-train	10/28 30 - 50 min	10/29 30 - 45 min	10/30 x-train 40 - 60 min	10/31 5 - 8 miles	11/1 or combo
9	11/2 30-45 min	11/3 rest or x-train	11/4 30 - 50 min	11/5 30 - 45 min	11/6 x-train 40 - 60 min	11/7 4 - 6 miles	11/8 rest
10	11/9 30-45 min	11/10 rest or x-train	11/11 30 - 50 min	11/12 30 - 45 min	11/13 x-train 40 - 60 min	11/14 6 - 8 miles	11/15 or combo
11	11/16 30-45 min	11/17 rest or x-train	11/18 30 - 55 min	11/19 30 - 45 min	11/20 x-train 40 - 60 min	11/21 4 - 6 miles	11/22 rest
12	11/23 30-45 min	11/24 rest or x-train	11/25 30 - 55 min	11/26 30 - 45 min	11/27 x-train 40 - 60 min	11/28 4 - 6 miles	11/29 rest
13	11/30 30-45 min	12/1 rest or x-train	12/2 30 - 55 min	12/3 30 - 45 min	12/4 x-train 40 - 60 min	12/5 7 - 9 miles	12/6 or combo
14	12/7 30-45 min	12/8 rest or x-train	12/9 30 - 55 min	12/10 30 - 45 min	12/11 x-train 40 - 60 min	12/12 4 - 6 miles	12/13 rest
15	12/14 30-45 min	12/15 rest or x-train	12/16 30 - 55 min	12/17 30 - 45 min	12/18 x-train 40 - 60 min	12/19 8 - 10 miles	12/20 or combo
16	12/21 30-45 min	12/22 rest or x-train	12/23 30 - 55 min	12/24 30 - 45 min	12/25 x-train 40 - 60 min	12/26 4 - 6 miles	12/27 rest
17	12/28 30-45 min	12/29 rest or x-train	12/30 30 - 60 min	12/31 30 - 45 min	1/1 x-train 40 - 60 min	1/2 5 - 7 miles	1/3 rest
18	1/4 30-45 min	1/5 rest or x-train	1/6 30 - 60 min	1/7 30 - 45 min	1/8 x-train 40 - 60 min	1/9 9 - 11 miles	1/10 or combo
19	1/11 30-45 min	1/12 rest or x-train	1/13 30 - 60 min	1/14 30 - 45 min	1/15 x-train 40 - 60 min	1/16 6 - 8 miles	1/17 rest
20	1/18 30-45 min	1/19 rest or x-train	1/20 30 - 60 min	1/21 30 - 45 min	1/22 x-train 40 - 60 min	1/23 10 - 12 miles	1/24 or combo
21	1/25 30-45 min	1/26 rest or x-train	1/27 30 - 60 min	1/28 30 - 45 min	1/29 x-train 40 - 60 min	1/30 6 - 8 miles	1/31 rest
22	2/1 30-45 min	2/2 rest or x-train	2/3 30 - 60 min	2/4 30 - 45 min	2/5 x-train 40 - 60 min	2/6 6 - 7 miles	2/7 rest
23	2/8 easy 30 min	2/9 rest	2/10 easy 30 min	2/11 easy 25 min	2/12 rest	2/13 LA WKND	2/14 MARATHON

REST, X TRAIN OR EASY RUN DAY BEFORE & AFTER WEEKEND LONGER RUNS

For combo runs add 2-3 miles to total scheduled mileage. Example: long runs of 15 miles, go for 11-12 miles on Saturday and 6 miles on Sunday. So for scheduled run of 15 miles you will 17 - 18 miles over 2 back to back days.