

2008 Seattle Marathon Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	Training Week	
11-Aug-08	Pilates <i>Marathon Training Starts Today</i>	Tempo Run 6 4mi @ 8:27	Pilates/Easy Run 6	Rest/Travel <i>Thunder Bay</i>	Rest <i>Trish's Wedding</i> <i>Thunder Bay</i>	Long Run 14 <i>Thunder Bay</i>	Easy Run 4 <i>Thunder Bay</i>	30	14	
18-Aug-08	Pilates	Speedwork 6 2x1600m @ 7:54	Pilates	Easy Run 6	Rest	Long Run 16	Easy Run 4	32	13	
25-Aug-08	Rest	Tempo Run 6.5 4.5mi @ 8:27	XT/weights	Easy Run 6	Rest	Long Run 18	Easy Run 4	34.5	12	
1-Sep-08	Rest <i>Labrador Day</i>	Speedwork 7 3x1600m @ 7:54	XT/weights	Easy Run 6	Rest	Rest <i>Alli in Seattle</i>	<i>Iron Girl Alli</i> 3.1 <i>Alli in Seattle</i>	16.1	11	
8-Sep-08	Easy Run 5	Easy Run 10	<i>Spain</i>	<i>Spain</i>	<i>Spain</i>	<i>Spain</i>	<i>Spain</i>	15		
15-Sep-08	<i>Spain</i>	<i>Spain</i>	<i>Spain</i>	<i>Spain</i>	<i>Spain</i>	<i>Spain</i>	<i>Spain</i>	0		
22-Sep-08	Rest	Tempo Run 6 4mi @ 8:27	XT/weights	Easy Run 7	Rest	Long Run 16	Easy Run 4	33	10	
29-Sep-08	Rest	Speedwork 7 3x1600m @ 7:54	XT/weights	Easy Run 6	Rest	Long Run 18	Easy Run 4	35	9	
6-Oct-08	Rest	Tempo Run 7 5mi @ 8:27	XT/weights	Easy Run 4	Easy Run 4	Rest <i>Victoria</i>	<i>Victoria Half Mar</i> 13.1 <i>Victoria</i>	28.1	8	
13-Oct-08	Rest <i>Vancouver</i>	Speedwork 8 4x1600m @ 7:49	XT/weights	Easy Run 7	Rest	Long Run 20	Easy Run 4	39	7	
20-Oct-08	Rest	Tempo Run 8 6mi @ 8:27	XT/weights	Easy Run 8	Rest	Long Run 16	Easy Run 4	36	6	
27-Oct-08	Rest	Easy Run 6	Easy Run 4	Easy Run 6	Rest	Easy Run 8	Rest	24	5	
3-Nov-08	Easy Run 10 <i>Vegas Necessitated</i>	Rest <i>Phase Shift</i>	Easy Run 8	Tempo Run 7 5mi @ 8:26	Rest/Travel	Easy Run 5 <i>Vegas</i>	Rest/Travel <i>Vegas</i>	30	4	Shifted Mileage 40
10-Nov-08	Rest	Long Run 20 <i>Wednesday Day</i>	Rest/XT	Easy Run 6	Rest	Speedwork 8 4x1600m @ 7:45	Easy Run 4	38	3	30
17-Nov-08	Rest	Long Run 12	Rest/XT	Tempo Run 6 4mi @ 8:12	Rest	Easy Run 3	Long Run 8	29	2	21
24-Nov-08	Rest	Easy Run 4	Rest/XT	Tempo Run 5 3mi @ 8:27	Easy run 3	Rest	<i>Seattle Marathon</i> 26.2	12	1	8