

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day Resolution Run	2
3	4	5 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	6	7 Rampart at Del Webb /5am Hill run 33 min up, then 27 min down	8	9 7 am 2 hr run Charleston/ west of 215 Dunkin Donuts
10	11	12 Tempo Run Bunker/5am Warm up-40 minute Tempo run-cool down	13	14 Thomas Ryan Comm Center/5am Hill repeats	15	16 7 am 2 hr run Lake Mead at Rampart Starbucks
17	18	19 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	20	21 Rampart at Del Webb /5am Hill run 33 min up, then 27 min down	22	23 7am 2 hr run Bunker Refreshments Tenaya/Craig Starbucks
24	25	26 Tempo Run Bunker/5am Warm up-40 minute Tempo run-cool down	27	28 Rmpt at Del Webb 5am ladders 3/1.5, 4/2, 6/2.5, 4/2, 3/1.5	29	30 7 am 2 hr run Town Center At the 215 Coffee Bean
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PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS