


August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	4	5 EASY HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down	6 10 PM Joey's lot just east of Alberston's at Craig & Tenaya Bring flasher and headlamp	7 E.T. Training See FRIDAY EVENING RUN
8	9	10 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down	11	12 LADDERS Rampart at Del Webb 5am 3/1.5, 4/2, 6/2.5, 4/back to the cars	13 WATCH FOR DETAILS	14 5:30 am 2 hr run Charleston at Hualapai Starbucks then LV MARATHON KICK OFF BREAKFAST
15	16	17 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	18	19 EASY HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down	20	21 E.T. Races 
22	23	24 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down	25	26 HILL REPEATS 5am Desert Vista Community Center/ Thom Ryan at Sun City Blvd	27	28 5:30am NEW 2 hr run Trails Village Center coffee after at Einsteins or Starubcks
29	30	31 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn				



PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS