

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	3	4 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down	5	6 7am 2 hr run from Charleston Starbucks & then afterwards refreshments
7	8	9 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down	10	11 HILL REPEATS Thomas Ryan Comm Center/5am	12 	13 7am 2 hr run Lake Mead at Buffalo Starbucks CLUB MEETING to follow at 9:20am
14	15	16 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	17	18 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down	19	20 7am 2 hr run from Bunker Park Refreshments Tenaya/Craig Starbucks
21	22	23 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down	24	25 LADDERS Rmpt at Del Webb 5am 3/1.5, 4/2, 6/2.5, 4/back to the cars	26	27 7am 2 hr run from Red Rock Exit then Starbucks on Charleston
28	29	30 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	31			

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS