

# November 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WK 12	1 REST or CROSS TRAIN	2 5am Del Webb at Rampart  Easy Hill Run	3 REST or CROSS TRAIN	4 5am Bunker  Easy Run	5 5am Bunker  Easy Run	6 REST or CROSS TRAIN	7 6am S. Town Center and the 215 at Coffee Bean- come say good bye to Katie R.
WK 13	8 REST or CROSS TRAIN	9 5am Del Webb at Rampart  Easy Hill Run	10 5am Bunker  Easy Run	11 5am Palo Verde HS or Bunker  Tempo Run	12 5am Bunker  Easy Run	13 REST or CROSS TRAIN	14 6am Red Rock Exit then Dunkin Donuts on Charleston LSD RUN
WK 14	15 REST or CROSS TRAIN	16 5am Del Webb at Rampart  Easy Hill Run	17 5am Bunker  Easy Run	18 5am Palo Verde HS or Bunker  Speed Work	19 5am Bunker  Easy Run	20 REST or CROSS TRAIN	21 6 am Lake Mead at Rampart Starbucks  LSD Run
WK 15	22 REST or CROSS TRAIN	23 5am Del Webb at Rampart  Easy Hill Run	24 5am Bunker  Easy Run	25 5am Palo Verde HS or Bunker  Tempo Run	26 5am Bunker  Easy Run	27 REST or CROSS TRAIN	28 6 am Bunker, then Tenaya/Craig Starbucks  LSD Run
WK 16	29 REST or CROSS TRAIN	30 REST or CROSS TRAIN	1 5am Bunker  Easy Run	2 5am Bunker  Easy Run	3 5am Palo Verde HS or Bunker Tempo Run	4 REST PASTA PARTY 6:30PM. BYO BEVERAGE. ALL INVITED	5 REST GO TO EXPO EARLY THEN GET OFF YOUR FEET!!!

WATER SUPPORT WILL BE AVAILABLE SATURDAYS. BRING YOUR OWN WATER ALL OTHER DAYS!