

October 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WK 7					1 5am Bunker Easy Run	2 REST or CROSS TRAIN	3 6am S. Town Center and the 215 at Coffee Bean LSD Run
WK 8	4 REST or CROSS TRAIN	5 5am Del Webb at Rampart Easy Hill Run	6 REST or CROSS TRAIN	7 5am Palo Verde HS or Bunker Speed Work	8 5am Bunker Easy Run	9 REST or CROSS TRAIN	10 Most will be at the Ragnar Race Please run on your own today. LSD
WK 9	11 REST or CROSS TRAIN	12 5am Del Webb at Rampart Easy Hill Run	13 REST or CROSS TRAIN	14 5am Palo Verde HS or Bunker Speed Work	15 5am Bunker Easy Run	16 REST or CROSS TRAIN	17 6 am Lake Mead at Rampart Starbucks LSD Run
WK 10	18 REST or CROSS TRAIN	19 5am Del Webb at Rampart Easy Hill Run	20 5am Bunker Easy Run	21 5am Palo Verde HS or Bunker Speed Work	22 5am Bunker Easy Run	23 REST or CROSS TRAIN	24 6 am Bunker, then Shannon's house for a movie LSD Run
WK 11	25 REST or CROSS TRAIN	26 5am Del Webb at Rampart Easy Hill Run	27 5am Bunker Easy Run	28 5am Palo Verde HS or Bunker Speed Work	29 5am Bunker Easy Run	30 REST or CROSS TRAIN	31 6am Red Rock Exit then Dunkin Donuts on Charleston LSD RUN

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