

Feb 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
[2/1]	10' warm up; 2x18'/5'rest John 1:55-2:02 Joan 2:07-2:13 Jill 2:15-2:22 10' cool down	10' warm up; 3 x 12' with 6:00 rest between John 1:50-1:55 Joan 2:01-2:07 Jill 2:09-2:15 10' cool down.	8' warm up; 50' steady John 2:02-2:14 Joan 2:13-2:27 Jill 2:22-2:3722 8' cool down	Race warm-up, followed by 3 x 1'/1' rest John 1:38-1:41 Joan 1:47-1:51 Jill 1:55-1:58 10' cool down	10' warm up; 2x10'/5'rest John 1:55-2:02 Joan 2:07-2:13 Jill 2:15-2:22 10' cool down	Race warm-up, followed by 2 x 3'/3' rest John 1:41-1:50 Joan 1:51-2:01 Jill 1:58-2:09 10' cool down
Feb 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
[2/8]	10' warm up; 1 x 10' John 1:50-1:55 Joan 2:01-2:07 Jill 2:09-2:15 10' cool down.	8' warm up; 30' steady John 2:02-2:14 Joan 2:13-2:27 Jill 2:22-2:3722 8' cool down	Race warm-up, followed by 1 x 3' John 1:41-1:50 Joan 1:51-2:01 Jill 1:58-2:09 10' cool down	10' warm up; 2x8'/5'rest John 1:55-2:02 Joan 2:07-2:13 Jill 2:15-2:22 10' cool down	Race warm-up, followed by 3 x 90secs/90secs rest John 1:38-1:41 Joan 1:47-1:51 Jill 1:55-1:58 10' cool down	SATURDAY Race warm-up, followed by 3 x 45secs/45secs rest John 1:38-1:41 Joan 1:47-1:51 Jill 1:55-1:58 10' cool down SUNDAY RACE

Pay attention to your body in these two weeks. If your resting heart rate appears to be 5-beats or more higher than usual, take it easy every day until heart rate returns to normal.

John – see where you want to substitute the 15/15 workout, if you want to give it a try.