2008 USAF Marathon
Training Schedule - Advanced
Dayton Team

WEEK	MON	TUE	WED	THU	FRI	<- SAT / SUN ->	
15 (June 9)	X-Train	5 Miles	X-Train	5 Miles	Rest Day	7 Miles	Rest Day
14 (June 16)	X-Train	5 Miles	X-Train	7 Miles	Rest Day	8 Miles	Rest Day
13 (June 23)	X-Train	5 Miles	X-Train	7 Miles	Rest Day	9 Miles MP +45 sec	Rest Day
12 (June 30)	X-Train	5 Miles Tempo	X-Train	7 Miles Speed	Rest Day	10 Miles MP +45 sec	Rest Day
11 (July 7)	X-Train	5 Miles Tempo	X-Train	7 Miles Speed	Rest Day	12 Miles MP +45 sec	Rest Day
10 (July 14)	X-Train	5 Miles Tempo	X-Train	7 Miles Speed	Rest Day	13 Miles MP +45 sec	Rest Day
9 (July 21)	X-Train	5 Miles Tempo	X-Train	7 Miles Speed	Rest Day	15 Miles MP +45 sec	Rest Day
8 (July 28)	X-Train	6 Miles Tempo	X-Train	7 Miles Speed	Rest Day	10 Miles MP	Rest Day
7 (August 4)	X-Train	7 Miles Tempo	X-Train	7 Miles Speed	Rest Day	16 Miles MP +45 sec	Rest Day
6 (August 11)	X-Train	5 Miles Tempo	X-Train	7 Miles Speed	Rest Day	10 Miles MP	Rest Day
5 (August 18)	X-Train	7 Miles Tempo	X-Train	7 Miles Speed	Rest Day	18 Miles MP +45 sec	Rest Day
4 (August 25)	X-Train	5 Miles Tempo	X-Train	7 Miles Speed	Rest Day	20 MilesMP +30 sec	Rest Day
3 (Sept. 1)	X-Train	5 Miles Tempo	X-Train	7 Miles Speed	Rest Day	12 Miles MP	Rest Day
2 (Sept.8)	X-Train	4 Miles	X-Train	4 Miles	Rest Day	6 Miles	Rest Day
1 (Sept. 15)	X-Train	4 Miles	3 Miles	Rest Day	Rest Day	2 Miles	U CAN DO 26.2!!!
Time For A Little Break	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day