

## TRDC 10K TRAINING SCHEDULE

<b>B4</b>	WEEK OF	MON	WED OR THURS	THU OR FRI	SAT	opt	LONG RUN	Thurgood
<b>RACE</b>	TRAINING		TRACK			dist	SATURDAY	Marshall
<b>28</b>	1: 09/13	30 min run / walk	30 min run / walk		3 mi run / walk		18-Sep-10	<b>Mentor Days</b>
<b>27</b>	2: 09/20	30 min run / walk	30 min run / walk		3.5 mi run / walk		25-Sep-10	<b>SATURDAYS</b>
<b>26</b>	3: 09/27	30 min run / walk	30 min run / walk		4 mi run / walk		2-Oct-10	16-Oct
<b>25</b>	4: 10/04	30 min run / walk	30 min run / walk		5K RACE	sat	9-Oct-10	13-Nov
<b>24</b>	5: 10/11	40 min run / walk	40 min run / walk		4.5 mi run / walk		16-Oct-10	11-Dec
<b>23</b>	6: 10/18	40 min run / walk	40 min run / walk		5 mi run / walk	act	23-Oct-10	8-Jan
<b>22</b>	7: 10/25	40 min run / walk	40 min run / walk		3 mi		30-Oct-10	5-Feb
<b>21</b>	8: 11/01	40 min run / walk	40 min run / walk		5.5 mi run / walk	sat	6-Nov-10	5-Mar
<b>20</b>	9: 11/08	40 min run / walk	40 min run / walk		10K RACE (SUN)		14-Nov-10	9-Apr
<b>19</b>	10: 11/15	50 min run / walk	50 min run / walk	NOV 18 - STAFF	3 mi		20-Nov-10	14-May
<b>17</b>	11: 11/22	50 min run / walk	50 min run / walk		6 mi run / walk		28-Nov-10	
<b>16</b>	12: 11/29	50 min run / walk	50 min		6 mi long run	sat	4-Dec-10	
<b>15</b>	13: 12/06	4 mi	40 min		10K RACE (SUN)		12-Dec-10	
<b>14</b>	14: 12/13	5 mi	60 min		4 mi long run		18-Dec-10	
<b>13</b>	15: 12/20	5 mi	60 min		6 mi long run		25-Dec-10	
<b>12</b>	16: 12/27	5 mi	60 min		4 mi long run		1-Jan-11	
<b>11</b>	17: 01/03	5 mi	60 min		6 mi		8-Jan-11	
<b>10</b>	18: 01/10	5 mi	60 min		6 mi		15-Jan-11	
<b>9</b>	19: 01/17	5 mi	60 min	JAN 20 - STAFF	KRDC or other	sat	22-Jan-11	
<b>8</b>	20: 01/24	5 mi	60 min		6 to 8 mi		29-Jan-11	
<b>7</b>	21: 01/31	5 mi	60 min		5 mi		5-Feb-11	
<b>6</b>	22: 02/07	5 mi	60 min		6 to 8 mi	act	12-Feb-11	
<b>5</b>	23: 02/14	5 mi	60 min		KRDC or other		19-Feb-11	EVE STAFF
<b>4</b>	24: 02/21	5 mi	60 min		6 to 8 mi		26-Feb-11	MEETING
<b>3</b>	25: 02/28	5 mi	60 min		5 mi		5-Mar-11	TH 7:30 - 9
<b>2</b>	26: 03/07	4 mi	60 min	MAR 10 - STAFF	6 to 8 mi	sat	12-Mar-11	
<b>1</b>	27: 03/14	45 min	60 min		5 mi		19-Mar-11	KICK OFF
<b>1</b>	28: 03/21	45 min	30 min		NATL MARATHON		26-Mar-11	
<b>2</b>	29: 03/28	30 min	30 min		KRDC		2-Apr-11	mentor KRDC
<b>3</b>	30: 04/04	45 min	45 min		KRDC	act	9-Apr-11	
<b>4</b>	31: 04/11	45 min	45 min				16-Apr-11	RACE DAY
<b>5</b>	32: 04/18	45 min	45 min				23-Apr-11	
<b>6</b>	33: 04/25	45 min	45 min		KRDC		30-Apr-11	NO SCHOOL
<b>7</b>	34: 05/02	45 min	45 min		5K race w KRDC	sat	7-May-11	
<b>35</b>	35: 05/09	30 min	30 min		10K RACE (SUN)		15-May-11	SAT OR ACT
	Total weeks							