

July 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 30 Minutes easy trails	2	3 40 minutes easy	4 Sparkler 5k Merrimack	5 National Youth Track meet, Fla.	6 National Youth Track meet, Fla.
7 National Youth Track meet, Fla.	8 4 miles easy trails	9 FU Clinic , Hollis FU Clinic, Pennichuck	10 40 minutes easy	11 35 minutes trails	12 Gt Leggs 5k	13
14	15 35 minutes trails	16 FU Clinic, Milford	17 40 minutes easy	18 2x1600, 400 recovery	19	20
21 Fitness University Day	22 35 minutes easy trails	23	24 40 minutes easy	25 8x200@42 sec, 200 recv	26 Natl USATF Meet	27 Natl USATF Meet
28 Natl USATF Meet	29 Farlick 8x40 sec, 2:30 recovery	30	31 40 minutes easy			

August 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 35 Minutes Trails	2 Needham Track Meet	3 Needham Track Meet
4	5 3x1600 , 2:30 recovery	6	7 40 minutes easy	8 Cigna 5k Farlick 10x 40 sec, 2:30 recovery	9	10
11	12 3x1600 , 2 minute recovery	13	14 40 minutes easy	15 3x hills	16	17 Twilight 1 mile
18	19 Farlick ladder	20	21 40 minutes easy	22 4x hills	23	24
25	26 4x 1600 with 3 minute recovery	27	28 40 minutes easy	29 5x hills	30	31

September 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 St Charles 5k or 4x1600 with 3 minute recovery	3	4 40 minutes easy	5 6x hills	6	7
8	9 4x 1600 with 3 minute recovery	10	11 40 minutes easy	12 7x hills	13	14
15	16 8x hills	17	18 40 minutes easy	19 4x1600 with 2:30 recovery	20	21
22	23 Hill relay	24	25 40 minutes easy	26 40 minutes easy	27	28
29 Ro-Jacks 2 mile	30 4x800 , 400 recov- ery. 2x200					

October 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 40 minutes easy	3 4 miles easy	4	5
6	7 2x1200 @ 4:50, 800 recovery. 3x 300	8	9 40 minutes easy	10 4 miles easy	11	12 Nashua City Meet
13	14 3x1200 @ 4:50, 600 recovery. 4x300	15	16 40 minutes easy	17 4 miles easy	18	19 Jr High State Meet
20	21 4x800 @ 4:50, 4 minute recov- ery. 5x200, 1 minute recovery	22	23 40 minutes easy	24 4 miles easy	25	26 PAL Tryouts
27 Mayors Cup XC Meet	28 30 minutes easy trails	29 Farlick 3x5 minu- tes, 2 minute recovery	30 40 minutes easy	31 30 minutes play		

November 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 3k handicap	2
3 Santa Fund 5k	4 30 minutes easy	5 8x400 @ 40 sec, 200 recovery	6 40 minutes easy	7 25 minutes play	8 30 minutes easy	9
10 65+ 5k Race	11 25 minutes easy trails	12 6x200 @ 40 sec- onds, 200 recovery	13 30 minutes easy	14 8x100 with 300 recovery	15 25 minutes play	16
17 NE Asso Meet, Bryant Col	18 30 minutes easy trails	19 Farlick 2/3/4/3/2 minutes with3/ 4/5/4 recovery	20 6x200 @40 sec, 400 recovery	21 Turkey Day	22 Ice Cream run?	23
24 Reg 1 Bryant Col RI	25 30 minutes easy trails	26 30 minutes play	27 Farlick 6x40 sec with 2 minute recovery	28 35 minutes easy trails	29 HILLS	30

December 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6x hills	3 25 minutes play	4 Farlick 8x1 minute, 2 minute recovery	5 30 minutes trails	6 4x200 relay	7
8	9 30 minutes easy	10 6x200 @40 sec, 400 recovery	11 Ice Cream Run?	12	13	14 National Championships
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				