

# January 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				12/31 – Walk/Run 0.95 miles, bitches.	1	2 Walk/Run (1/4) – 30 min
3 Yoga	4 Walk/Run (1/4) – 35 min	5 Swim (1200)	6	7 Yoga	8 Walk/Run (2/3) – 35 min	9 Weights (Upper)
10 Yoga	11 Walk/Run (2/3) – 35 min	12 Swim (1200)	13	14 Yoga	15 Walk/Run (3/2) – 30 min	16 Weights (Upper)
17 Yoga	18 Walk/Run (3/2) – 40 min	19 Swim (1200)	20	21 Yoga	22 Walk/Run (4/1) – 35 min	23 Weights (Upper)
24 Yoga	25 Walk/Run (4/1) – 40 min	26 Swim (1500)	27	28 Yoga	29 Run – 30 min	30 Weights (Upper)
31 Yoga						

# February 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Run – 3 mi	2 Spin Swim (1500)	3	4 Yoga	5 Weights (Upper)	6 Run – 3 mi
7 Yoga	8 Run – 3 mi	9 Spin Swim (1500)	10	11 Run – 2 mi Yoga	12 Weights (Upper)	13 Run – 4 mi
14 Yoga	15 Run – 3 mi	16 Spin Swim (1800)	17	18 Run – 2 mi Yoga	19 Weights (Upper)	20 Run – 5 mi
21 Yoga	22 Run – 3 mi	23 Spin Swim (1800)	24	25 Run – 2 mi Yoga	26 Weights (Upper)	27 Run – 6 mi
28 Yoga						36 Run

# March 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Run – 4 mi	2 Spin Swim (2000)	3	4 Run – 2 mi Yoga	5 Weights	6 Run – 7 mi
7 Yoga	8 Run – 4 mi	9 Spin Swim (2000)	10	11 Run – 2 mi Yoga	12	13 <b>RACE!</b> Shamrock 8K
14 Yoga	15 Run – 4 mi	16 Spin Swim (2300)	17	18 Run – 3 mi Yoga	19 Weights	20 Run – 8 mi
21 Yoga	22 Run – 4 mi	23 Spin Swim (2300)	24	25 Run – 3 mi Yoga	26 Weights	27 Run – 9 mi
28 Yoga	29 Run – 4 mi	30 Spin Swim (2400)	31			59 Run

# April 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Run – 3 mi Yoga	2 Weights Bike – 10 mi	3 Run – 10 mi
4 Yoga	5 Run – 4 mi	6 Spin Swim (2400)	7	8 Run – 3 mi Yoga	9 Weights Bike – 15 mi	10 Run – 11 mi
11 Yoga	12 Run – 4 mi	13 Spin Swim (2500)	14	15 Run – 3 mi Yoga	16 Bike – 20 mi	17 <b>RACE!</b> Bridge to Brews 10K
18 Commute (20) Yoga	19 Run – 4 mi	20 Spin Swim: long-w: 6x100; main: 4x400; c: 2x150p (2500);	21	22 Run – 3 mi Yoga	23 Weights Bike – 20 mi	24 Run – 12 mi
25 Commute (20) Yoga	26 Run – 4 mi	27 Spin Swim : long 4x500 (2000)	28	29 Run – 3 mi Yoga	30	70 Run

# May 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
77 Run						1 <b>RACE!</b> Eugene ½
2 Yoga	3 Commute (20) Swim (2500)	4 Run – 4 mi	5	6 Run – 3 mi Yoga	7 Weights Bike – 30 mi	8 Run – 8 mi
9 Swim HARD (1600) Yoga	10 Run – 4 mi	11 OWS	12	13 <b>BRICK</b> R: 6m w/ strides every 10 min. Finish- add 5x20 strides back to back b4 stretching; Bike: 10 mi	14 Weights	15 Run – 6 mi
16 Yoga	17 Run – 4 mi Swim (2500)	18 OWS	19	20 Run – 4 mi Yoga	21 Weights Bike – 30 mi	22 Run – 7 mi
23 Yoga	24 Run – 4 mi Swim(2000)	25 OWS	26	27 <b>ENDURANCE</b> Swim (1500)+ Run Terwilliger 8 m	28 Weights Easy Bike (40)	29 Run – 4 mi
30 Commute (20) Yoga	31 Run – 4 mi					

# June 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 OWS	2 Run - 3 mi	3	4 <b>RACE!</b> Blue Lake Sprint Tri	5
6 Week 1 Yoga	7 Run - 4 mi Swim(1300)	8 OWS	9	10 Run - 5 mi Yoga	11 Weights Bike: 35 mi	12 Run - 8 mi
13 Week 2 Yoga	14 Run - 4 mi Swim: 2x1200 (2400)	15 OWS	16	17 Run - 5 mi Yoga	18 Weights Bike: 40 mi	19 Run - 9 mi
20 Week 3 Yoga	21 Run - 4 mi Swim (1500)	22 OWS	23	24 Run - 5 mi Yoga	25 Weights Bike: 45 mi	26 Run - 10 mi
27 Week 4 Yoga	28 Run - 4 mi Swim (1650)	29 OWS	30			64 Run

# July 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
91 run				1 Run – 5 mi Yoga	2 Weights Bike: 50 mi!	3 Run – 11 mi
4 Week 5 Yoga Swim: (1800)	5 <b>BRICK</b> Bike: 12 mi Run 3 m	6 OWS	7 Track – 2 miles	8 <b>BRICK</b> Run 3 m; Bike: 30 mi; Run 3 m	9	10 <b>RACE!</b> Fine Wine ½
11 Week 6 Yoga	12 Run – 4 mi Swim: (2475)	13 <b>BRICK</b> OWS 1000 Bike: 12 mi	14 Track – 3 miles	15 Run – 5 mi Yoga	16 Bike: 40 mi Weights	17 Run – 7 mi
18 Week 7 Yoga Swim: (3000)	19 Run – 4 mi	20 OWS	21	22 Run – 5 mi Yoga	23 Bike: 50 mi (hills) Run 2 m	24 Run – 5 mi
25 Week 8 Yoga Swim: (2500)	26 Run – 4 mi	27 OWS	28 Track – 3 miles	29 Run – 5 mi Yoga	30	31 <b>RACE!</b> Blue Lake Oly

# August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Week 9 Commute (20) Yoga	2 Run – 4 mi	3 Track – 3 miles	4	5 Run – 5 mi Yoga	6 Weights Bike: 45 mi	7 Run – 9 mi
8 Week 10 Commute (20) Yoga	9 Run – 4 mi	10 Swim (2500)	11 Run – 5 mi	12 Yoga	13 <b>RACE!</b> Crawfish Crawl 5K	14
15 Week 11 Commute (20) Yoga	16 Run – 4 mi	17 Track – 3 miles Swim (2500)	18	19 Run – 5 mi Yoga	20 Weights Bike: 50 mi	21 Run – 10 mi
22 Week 12 Commute (20) Yoga	23 Run – 4 mi	24 Track – 3 miles Swim (2500)	25	26 Run – 5 mi Yoga	27 Weights Bike: 55 mi	28 Run – 11 mi
29 Week 13 Commute (20) Yoga	30 Run – 4 mi	31 Swim (2500)				82 Run

# September 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Run – 5 mi Yoga	3 Weights Bike: 60 mi	4 Run – 12 mi
5 Week 14 Commute (20) Yoga	6 Run – 4 mi	7 Track – 3 miles Swim (2500)	8 Commute (20)	9 Run – 6 mi Yoga	10 Weights Bike: 65 mi	11 <b>RACE!</b> Pints to Pasta 10K
12 Week 15 Commute (20) Yoga	13 Run – 4 mi	14 Track – 4-5 miles Swim (2500)	15 Commute (20)	16 Run – 6 mi Yoga	17 Weights Bike: 60 mi	18 Run – 14 mi
19 Week 16 Commute (20) Yoga	20 Run – 4 mi	21 Swim (2500)	22 Commute (20)	23 Run – 5 mi Yoga	24 Weights Bike: 55 mi	25 Run – 16 mi
26 Week 17 Commute (20) Yoga	27 Run – 4 mi	28 Track – 3 miles Swim (2500)	29 Commute (20)	30 Run – 6 mi Yoga		102.5 Run

# October 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
125 run					1 Weights Bike: 50 mi	2 Run – 12 mi
3 Week 18 Yoga	4 Run – 4 mi	5 Track – 4-5 miles Swim (2500)	6	7 Run – 7 mi Yoga	8 <b>RACE!</b> Harvest Century 75	9 Run – 15 mi
10 Week 19 Yoga	11 Run – 4 mi	12 Swim (2500) Track – 3 miles	13	14 Run – 6 mi Yoga	15 Rest OR  Weights Bike: 20 mi	16 <b>RACE!</b> Nike Women's ½ Or Run – 16 mi
17 Week 20 Yoga	18 Run – 4 mi	19 Swim (2500)	20	21 Run – 7 mi Yoga	22 Rest OR  Weights Bike: 20 mi	23 or <b>RACE!</b> Run Like Hell ½ Or Run – 16 mi
24 Week 21 Yoga	25 Run – 4 mi	26 Track – 4-5 miles) Swim (2500)	27	28 Run – 6 mi Yoga	29 Weights Bike: 25 mi	30 Run – 18 mi
31 Week 22 Yoga						

# November 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Run – 4 mi	2 Track – 4-5 miles	3	4 Run – 5 mi	5	6 Run – 15 mi
7 Week 23	8 Run – 4 mi	9 XTrain (30)	10	11 Run – 6 mi	12	13 Run – 20 mi
14 Week 24	15 Run – 4 mi	16 Track – 4-5 miles	17	18 Run – 5 mi	19	20 Run – 13 mi
21 Week 25	22 Run – 4 mi	23 Track – 3 miles	24	25 Run – 4 mi	26	27 Run – 6 mi
28 Week 26	29 Run – 4 mi	30				105 run

# December 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Run - 2 mi	2 Rest	3 Rest	4 <b>RACE!</b> <b>CIM Marathon</b>
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	