

2016 Run Program

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total	4 Week Totals	Percent Change
5/15/2016	8	Rest	8	Rest	8	Rest	6	30		0%
5/22/2016	8	Rest	8	Rest	8	Rest	6	30		0%
5/29/2016	9	Rest	8	Rest	10	Rest	6	33		10%
6/5/2016	7	Rest	7	Rest	7	Rest	5	26	119	8%
6/12/2016	10	Rest	8	Rest	10	Rest	8	36		9%
6/19/2016	10	Rest	8	Rest	10	Rest	8	36		0%
6/26/2016	12	Rest	8	Rest	10	Rest	8	38		6%
7/3/2016	8	Rest	6	Rest	8	Rest	5	27	137	15%
7/10/2016	12	Rest	8	4	8	Rest	7	39		3%
7/17/2016	13	Rest	8	6	8	Rest	7	42		8%
7/24/2016	13	Rest	8	6	8	Rest	7	42		0%
7/31/2016	10	Rest	7	Rest	7	Rest	6	30	153	12%
8/7/2016	14	Rest	8	6	8	Rest	7	43		2%
8/14/2016	14	Rest	8	6	8	Rest	7	43		0%
8/21/2016	15	Rest	8	6	10	Rest	7	46		7%
8/28/2016	10	Rest	6	4	8	Rest	6	34	166	8%
9/4/2016	15	Rest	8	6	10	Rest	7	46		0%
9/11/2016	16	Rest	8	8	10	Rest	7	49		7%
9/18/2016	16	Rest	8	8	10	Rest	7	49		0%
9/25/2016	12	Rest	7	6	7	Rest	5	37	181	9%
10/2/2016	18	Rest	8	8	10	Rest	7	51		4%
10/9/2016	18	Rest	8	8	10	Rest	8	52		2%
10/16/2016	20	Rest	8	8	10	Rest	8	54		4%
10/23/2016	14	Rest	8	6	8	Rest	7	43	200	10%
10/30/2016	20	Rest	8	8	10	Rest	8	54		0%
11/6/2016	20	Rest	6	6	7	Rest	7	46		-15%
11/13/2016	10	Rest	4	Rest	4	Rest	2	20		-57%
11/20/2016	26.2	Rest	Rest	Rest	Rest	Rest	4	30.2	150.2	-25%
11/27/2016	6	Rest	7	Rest	7	Rest	2	22		10%
12/4/2016	13.1	Rest	Rest	Rest	Rest	Rest	Rest	13.1		-40%
12/11/2016	4	Rest	5	Rest	5	Rest	5	19		45%
12/18/2016	8	Rest	8	Rest	8	Rest	6	30	84.1	-44%
12/25/2016	8	Rest	8	Rest	8	Rest	6	30		58%
1/1/2017	9	Rest	8	Rest	10	Rest	6	33		10%
Key	Down Week	Race Week	Tempo/Intervals	Hill Repeat			Total	1253.3		2016 Andrew Tatusko