

Sun Run Training Schedule						
	Run	Walk	Repeat	RunTime	Notes	
28-Jan-08	2	2	7	14		
30-Jan-08	1	2	7	7		
1-Feb-08	2	2	6	12		
4-Feb-08	3	2	7	21		
6-Feb-08	2	2	6	12		
8-Feb-08	3	2	6	18		
11-Feb-08	3	2	6	18		
13-Feb-08	2	2	5	10		
15-Feb-08	2	3	6	12		
18-Feb-08	3	1	9	27		
20-Feb-08	2	1	8	16		
22-Feb-08	3	1	8	24		
25-Feb-08	5	1	7	35		
27-Feb-08	3	1	7	21		
29-Feb-08	3	1	10	30		
3-Mar-08	10	1	4	40		
5-Mar-08	4	1	6	24		
7-Mar-08	5	1	7	35		
10-Mar-08	10	1	4	40		
12-Mar-08	3	1	7	21		
14-Mar-08	5	1	6	30		
17-Mar-08	10r-1w-15r-1w-20r-1w-10r			55		
19-Mar-08	5	1	6	30		
21-Mar-08	10	1	4	40		
24-Mar-08	10r-1w-20r-1w-30r			60		
26-Mar-08	10	1	4	40		
28-Mar-08	20r-1w-15r-1w-10r			45		
31-Mar-08	40r-1w-20r			60		
2-Apr-08	10	1	4	40		
4-Apr-08	20r-1w-15r-1w-10r			40		
7-Apr-08	50	1	1	50		
9-Apr-08	10	1	3	30		
11-Apr-08	15r-1w-15r-1w-10r			40		
14-Apr-08	40	1	1	40		
16-Apr-08	10	1	3	30		
20-Apr-08	Sun Run Day					