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## 2010 TRAINING PLAN – ENDURANCE PHASE

WEEK OF	M	T	W	TH	F	SA	SU	TOTAL
10/12	1.5 SS	1.0 PB	OFF	1.5 HCS	OFF	1.0 PB	OFF	5.0
10/19	1.5 SS	1.0 PB	OFF	1.5 HCS	OFF	1.0 PB	OFF	5.0
10/26	1.75 SS	1.0 PB	OFF	0.75 AR	OFF	0.75 AR	OFF	4.25
11/2	1.75 SS	1.0 PB	OFF	1.75 HCS	OFF	1.0 PB	OFF	5.5
11/9	1.75 SS	1.0 PB	OFF	1.75 HCS	OFF	1.0 PB	OFF	5.5
11/16	2.0 SS	1.0 PB	OFF	0.75 AR	0.75 AR	OFF	OFF	4.5
11/23	1.0 SS	2.0 SS	OFF	1.25 SI	0.75 AR	OFF	1.0 TEMPO	6.0
11/30	OFF	2.0 SS	OFF	1.25 SI	0.75 AR	2.0 SS	OFF	6.0
12/7	2.0 SS	1.0 SS	OFF	0.75 AR	OFF	0.75 AR	OFF	4.5
12/14	2.0 SS	1.25 CI	OFF	1.25 SI	0.75 AR	1.25 TEMPO	OFF	6.5
12/21	2.0 SS	1.25 CI	OFF	1.25 SI	0.75 AR	1.25 TEMPO	OFF	6.5
12/28	2.0 SS	1.25 CI	OFF	0.75 AR	OFF	0.75 AR	OFF	4.75
1/4	2.0 SS	1.5 SS	OFF	1.25 PI	1.0 AR	1.25 CI	OFF	7.0
1/11	2.0 SS	1.5 SS	OFF	1.25 PI	1.0 AR	1.25 CI	OFF	7.0
1/18	2.0 SS	1.25 PI	OFF	0.75 AR	OFF	0.75 AR	OFF	4.75



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