

## MUSIC CITY MARATHON 2012

	M	T	W	Th	F	SAT	SUN	Nashville Striders' Runs
2-Jan	Cross	3	5	3	OFF	MP5	10	
9-Jan	Cross	3	5	3	OFF	5	10	
16-Jan	Cross	3	6	3	OFF	MP6	12	
23-Jan	Cross	3	6	3	OFF	6	12	
30-Jan	Cross	3	7	3	OFF	MP7	14	Bongo to Bongo 7:00 (Sunday)
6-Feb	Cross	3	7	3	OFF	7	TLT	
13-Feb	Cross	4	I	4	OFF	MP8	16	Shelby Bottoms 16 (Saturday)
20-Feb	Cross	4	4	I	OFF	8	TLT	
27-Feb	Cross	4	I	4	OFF	MP10	18	18 LP Field on 3rd (Saturday)
5-Mar	Cross	4	4	I	OFF	10	TLT	Tom king half
12-Mar	Cross	5	I	5	OFF	10	20	20 at 6:30 Briley
19-Mar	Cross	5	5	I	OFF	10	MP15	
26-Mar	Cross	5	T	5	OFF	MP10	20	April 1 6:30 20 miles centennial
2-Apr	Cross	5	5	T	OFF	10	MP15	
9-Apr	Cross	5	T	5	OFF	MP10	20	April 15 Kroger 21
16-Apr	Cross	5	5	T	OFF	5	10	
23-Apr	Cross	5	OFF	OFF	2	RACE		

<b>T</b>	Tempo Run = 5easy/20 at 7:00 pace/10 easy/20 at 7:00 pace/5 easy [1 hour]
<b>I</b>	Intervals = Mile repeats at 6:30 pace start with 3 with 5 minute recovery jog in between
<b>TLT</b>	Tempo/Long/Tempo = 10 minute warmup/20 minute tempo/45 to 60 minute easy/20 minute tempo/10 minute cool down [2 hours]
<b>MP</b>	Marathon Pace