

DANA-FARBER MARATHON CHALLENGE

DFMC 2005 Training Schedule November 22, 2004 - January 2, 2005

winter weather advisory for weekend runs 617.632.1970 x6

DATE	Weeks To Go	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Weekly Mileage	Boston Area Group Run
Nov 22 - 28	21	cross-train or rest <i>STRETCH</i>	3 - 5 miles @ effort level 2 w/4 - 6 strides	REST <i>STRETCH</i>	5 - 7 miles @ effort level 2 w/4 - 6 strides	cross-train or rest <i>STRETCH</i>	2 - 3 miles @ effort level 1	7 - 10 miles @ effort level 1 - 2	17 - 25	
Nov 29 - Dec 5	20	cross-train or rest <i>STRETCH</i>	4 - 6 miles @ effort level 2 w/4 - 6 strides	REST <i>STRETCH</i>	5 - 7 miles @ effort level 2 w / 4 - 6 strides	cross-train or rest <i>STRETCH</i>	9 - 13 miles @ effort level 1 - 2 (last 2 3 miles at level 2 - 3)	3 - 4 miles @ effort level 1	21 - 30	SATURDAY Boston Athletic Club 8:30am
Dec 6 - 12	19	cross-train or rest <i>STRETCH</i>	4 - 6 miles (2) w / 4 - 6 strides	REST <i>STRETCH</i> Happy Hanukkah!	5 - 7 miles (2) w / 4 - 6 strides	cross-train or rest <i>STRETCH</i>	Rest for race or 2-3 miles (1)	8 - 12 miles (1 - 2) Last 3 - 4 miles at level 2 - 3	19 - 28	SUNDAY Race: Larry Robinson 5K/10M, Andover, MA <small>larryrobinsonrace.com</small>
Dec 13 - 19	18	cross-train or rest <i>STRETCH</i>	4 - 6 miles (2) w / 4 - 6 strides (veteran runners see Speed Work Grid)	REST <i>STRETCH</i>	6 - 8 miles (2) w / 4 - 6 strides (veteran runners see Speed Work Grid)	cross-train or rest <i>STRETCH</i>	3 - 4 miles @ effort level 1	10 - 15 miles (1 - 2) Last 3 - 4 miles at level 2 - 3	23 - 33	SUNDAY Longfellow Club, Wayland, MA 8:30am
Dec 20 - 26	17	cross-train or rest <i>STRETCH</i>	4 - 6 miles (2) w / 4 - 6 strides (veteran runners see Speed Work Grid)	REST <i>STRETCH</i>	6 - 8 miles (2) w / 4 - 6 strides (veteran runners see Speed Work Grid)	cross-train or rest <i>STRETCH</i>	10 - 15 miles (1 - 2) Last 3 - 4 miles at level 2 - 3)	3 - 4 miles (1) w / 4-6 easy strides	23 - 33	Happy Holidays!
Dec 27 - Jan 2	16	cross-train or rest <i>STRETCH</i>	4 - 6 miles (2) w / 4 - 6 strides (veteran runners see Speed Work Grid)	REST <i>STRETCH</i>	6 - 8 miles (2) w/4 - 6 strides (veteran runners see Speed Work Grid)	cross-train or rest <i>STRETCH</i>	10 - 15 miles (1 - 2) Last 3 - 4 miles at level 2 - 3	3 - 4 miles (1) w / 4-6 easy strides	23 - 33	SATURDAY Annual "Welly Elly" Run, Wellesley to Boston (Crossroads, 405 Beacon St.)