

2011 March Madness Training Program

Week Ending	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
16-Jan-11							6	
23-Jan-11							6	
30-Jan-11	OFF	4	5	4	4	OFF	Race or 6	23
6-Feb-11	OFF	5	4	5	OFF	4	9	27
13-Feb-11	OFF	5	4	5	OFF	4	7	25
20-Feb-11	OFF	5	5	5	OFF	4	10	29
27-Feb-11	OFF	5	5	4	4	OFF	Race or 8	26
6-Mar-11	OFF	5	5	4	OFF	3	12	29
13-Mar-11	OFF	4	5	2	OFF	4	8	23
20-Mar-11	OFF	4	3	2	2	OFF	RACE	24

For more information contact HBRoadRunners@sbcglobal.net