

2012 Georgia Marathon

WK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL
15	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	
	TEMPO	REST	SPEED	EASY	REST	LONG	REST	
	5	0	3	4	0	8	0	20
	5	0	3	4	0	7.47	0	19.47
14	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	
	TEMPO	REST	TRACK	EASY	EASY	LONG	REST	
	5	0	3	4	3	10	0	25
	5	0						
13	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	
	TEMPO	REST	HILL	EASY	EASY	LONG	REST	
	5	0	3	4	3	12	0	27
12	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	
	TEMPO	REST	SPEED	EASY	EASY	LONG	REST	
	5	0	3	4	3	14	0	29
11	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	
	TEMPO	REST	HILL	EASY	EASY	LONG	REST	
	5	0	3	4	3	16	0	31
10	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	
	TEMPO	REST	TRACK	EASY	EASY	LONG	REST	
	5	0	3	4	3	18	0	33
9	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	
	TEMPO	REST	HILL	EASY	EASY	LONG	REST	
	5	0	3	4	3	20	0	35
8	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	
	TEMPO	REST	SPEED	EASY	EASY	LONG	REST	
	5	0	3	4	3	14	0	29
7	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	
	TEMPO	REST	HILL	EASY	REST	CALHOUN'S	REST	
	5	0	3	3	0	10	0	21
6	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	
	TEMPO	REST	TRACK	EASY	EASY	LONG	REST	
	5	0	3	3	3	15	0	29
5	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	
	TEMPO	REST	HILL	EASY	REST	STRAWPLAINS	REST	
	5	0	3	3	0	13.1	0	24.1
4	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	
	TEMPO	REST	SPEED	EASY	EASY	LONG	REST	
	5	0	3	3	3	16	0	30
3	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	
	TEMPO	REST	HILL	EASY	EASY	REST	WHITESTONE	
	3	0	3	3	3	0	18.7	30.7
2	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar	3-Mar	4-Mar	
	TEMPO	REST	HILL	EASY	EASY	LONG	REST	
	4	0	3	3	3	12		25
1	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	
	TEMPO	REST	TEMPO	EASY	EASY	LONG	REST	
	5	0	3	3	3	10		24
0	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	
	EASY	REST	TEMPO	EASY	REST	REST	GA MARATHON	
	4	0	3	4	0	0	26.2	37.2