

SPRING TRAINING LONG RUN SCHEDULE

<u>Week</u>	<u>Toledo Full</u>	<u>Toledo Half</u>	<u>Cleveland Full</u>	<u>Cleveland Half</u>
2/10	16	9	12	1 hour
2/17	12	8	12	8
2/24	18	10 w/ 3 hard	15	1 hour
3/2	12	8	10	10
3/9	20	10	16	9
3/16	13	10 w/ 3 hard	18	10 w/ 3 hard
3/23	20 w/ 5 hard	8 w/ 4 hard	13	8 easy
3/30	16 or 20 (depends on Boston taper)	10	20 easy	10
4/6	20 w/ 10 hard	12	13	10 w/ 3 hard
4/13	13 w/ 3 hard or Race	8 w/ 3 hard	20 w/ 5 hard	12
4/20	Race	Race	15	10 w/ 3 hard
4/27			20 w/ 10 hard	12 w/ 4 hard
5/4			13 w/ 3 hard	10 easy
5/11			Race	Race