

From New Orleans to Hopedale. 30 mile canal walk along MRGO. 14 February 2009.

	WEEK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	WEEK
13-Oct-08	1	0	Economy: 6x1 min	off or EZ 30 mins	Tempo: 10-10-10	EZ 30-45 mins	off or EZ 30 mins	2.0 HRS easy	1
20-Oct-08	2	0	Economy: 6x1 min	off or EZ 30 mins	Tempo: 10-10-10	EZ 30-45 mins	off or EZ 30- 45 mins	2.25 HRS easy	2
27-Oct-08	3	0	Economy: 8x1 min	off or EZ 30- 45 mins	Tempo: 10-10-10	EZ 45-60 mins	off or EZ 30- 45 mins	2.0 HRS easy	3
3-Nov-08	4	0	Economy: 8x1 min	off or EZ 30- 45 mins	Tempo: 10-10-10	EZ 45-60 mins	off or EZ 30- 45 mins	2.5 HRS easy	4
10-Nov-08	5	0	Economy: 10x1 min	off or EZ 30- 45 mins	Tempo: 10-10-10	EZ 45-60 mins	off or EZ 30- 45 mins	3.0 HRS easy	5
17-Nov-08	6	0	Economy: 10x1 min	off or EZ 30- 45 mins	Tempo: 10-20-10	EZ 45-60 mins	off or EZ 30- 45 mins	2.5 HRS easy	6
24-Nov-08	7	0	Economy: 12x1 min	off or EZ 45- 60 mins	Tempo: 10-20-10	EZ 60 mins	off or EZ 30- 45 mins	3.5 HRS easy	7
1-Dec-08	8	0	Economy: 12x1 min	off or EZ 45- 60 mins	Tempo: 10-20-10	EZ 60 mins	off or EZ 30- 45 mins	3.0 HRS easy	8
8-Dec-08	9	0	Economy: 6x2 min	off or EZ 45- 60 mins	Tempo: 10-20-10	EZ 60 mins	off or EZ 30- 45 mins	4.0 HRS easy	9
15-Dec-08	10	0	60 min FTLK	off or EZ 45- 60 mins	Tempo: 10-30-10	EZ 60 mins	off or EZ 30- 45 mins	3.0 HRS easy	10
22-Dec-08	11	0	Economy: 8x2 min	off or EZ 60 mins	Tempo: 10-30-10	EZ 60 mins	off or EZ 30- 45 mins	4.5 HRS easy	11
29-Dec-08	12	0	60 min FTLK	off or EZ 60 mins	Tempo: 10-30-10	EZ 60 mins	off or EZ 30- 45 mins	3.0 HRS GOAL	12

5-Jan-09	13	0	Economy: 10x2 min	off or EZ 60 mins	Tempo: 10-40-10	EZ 60 mins	off or EZ 30- 45 mins	5.0 HRS easy	13
12-Jan-09	14	0	60 min FTLK	off or EZ 60 mins	Tempo: 10-40-10	EZ 60 mins	off or EZ 30- 45 mins	3.0 HRS GOAL	14
19-Jan-09	15	0	Economy: 12x2 min	off or EZ 45 mins	Tempo: 10-40-10	EZ 60 mins	off or EZ 30- 45 mins	5.0 HRS easy	15
26-Jan-09	16	0	60 min FTLK	off or EZ 30- 45 mins	Tempo: 10-40-10	EZ 60 mins	off or EZ 30- 45 mins	3.0 HRS EZ, push 3rd HR	16
2-Feb-09	17	0	Economy: 8x2 min	off or EZ 30- 45 mins	Tempo: 10-30-10	off or EZ 30- 45 mins	off or EZ 30- 45 mins	2.0 HRS GOAL	17
9-Feb-09	18	0	20 min FTLK	off or EZ 30 mins	Tempo: 10-10-10	EZ 20 mins +4x:30s	MRGO		18

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