

Trail Runs - All trail runs are on Mason Dixon Trail. Refer to noted web site for start and turnaround points for each run. Water will be dropped along the course. If there is someone that wants to run a different section of the trail let me know and I can adjust the run for that day. Contact me prior to run so that I am expecting you.

Long Road Runs all start at my house at 5am and run a hilly 10 mile course. Repeat as needed. - Week day 9 mile runs start at my house at 5am, course varies.

Double Creek Runs start at North Salem Elem at 8am. Water will be on the course. Multiple distance options are planned. See DoubleCreek.org for more info.

Date	Miles	Total	Type	Weight	Note
Wednesday, March 17, 2010	9				
Thursday, March 18, 2010	9				
Friday, March 19, 2010	9				
Saturday, March 20, 2010	12				
Sunday, March 21, 2010	13				
Monday, March 22, 2010		52			
Tuesday, March 23, 2010	9				
Wednesday, March 24, 2010	9				
Thursday, March 25, 2010	9				
Friday, March 26, 2010	9				
Saturday, March 27, 2010	9				
Sunday, March 28, 2010	20		Long Road Run - Dover		Probably in afternoon
Monday, March 29, 2010		65			

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Date	Miles	Total	Type	Weight	Note
Tuesday, March 30, 2010	9				
Wednesday, March 31, 2010	9				
Thursday, April 01, 2010	9				
Friday, April 02, 2010	9				
Saturday, April 03, 2010	13				
Sunday, April 04, 2010	13				
Monday, April 05, 2010	9				
Tuesday, April 06, 2010		71			
Wednesday, April 07, 2010	25		Long Run - 5am from my house		2.5 loops - http://www.mapmyrun.com/run/united-states/pa/dover/304124809361322290
Thursday, April 08, 2010					
Friday, April 09, 2010	24		15 Mile Night Time Trail Run Starting at stop 24 and running to stop 23 and back		9 mile road run in the morning too at home - http://www.doverxc.com/MDLD100k/MDLD100k.htm
Saturday, April 10, 2010					
Sunday, April 11, 2010	9				
Monday, April 12, 2010	9				
Tuesday, April 13, 2010		67			

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Date	Miles	Total	Type	Weight	Note
Wednesday, April 14, 2010	20		Long Trail Run - Starting at Shanks Mare @8am		Start at stop 25 and out and back to stop 22 - http://www.doverxc.com/MDLD100k/MDLD100k.htm
Thursday, April 15, 2010					
Friday, April 16, 2010	9				
Saturday, April 17, 2010	13				
Sunday, April 18, 2010	13				
Monday, April 19, 2010	9				
Tuesday, April 20, 2010		64			
Wednesday, April 21, 2010	30		Long Run - 5am from my house		3 loops - http://www.mapmyrun.com/run/united-states/pa/dover/304124809361322290
Thursday, April 22, 2010					
Friday, April 23, 2010	9				
Saturday, April 24, 2010	13				
Sunday, April 25, 2010	13				
Monday, April 26, 2010	9				
Tuesday, April 27, 2010		74			

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Date	Miles	Total	Type	Weight	Note
Wednesday, April 28, 2010	26		Long Trail Run - Starting at Shanks Mare @8am		Start at stop 25 and out and back to stop 20 (Otter Creek)- http://www.doverxc.com/MDLD100k/MDLD100k.htm
Thursday, April 29, 2010					
Friday, April 30, 2010	9				
Saturday, May 01, 2010	13		Double Creek Training		8am starting at North Salem Elem
Sunday, May 02, 2010	13				
Monday, May 03, 2010	9				
Tuesday, May 04, 2010		70			
Wednesday, May 05, 2010	30		Long Run - 5am from my house		3 loops - http://www.mapmyrun.com/run/united-states/pa/dover/304124809361322290
Thursday, May 06, 2010					
Friday, May 07, 2010	9				
Saturday, May 08, 2010	13		Double Creek Training		8am starting at North Salem Elem
Sunday, May 09, 2010	13				
Monday, May 10, 2010	9				
Tuesday, May 11, 2010		74			

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Date	Miles	Total	Type	Weight	Note
Wednesday, May 12, 2010	30		Long Trail Run - Starting at Shanks Mare @8am		Rail Trail 40 if weather is nice - Stop 25 - 19 (Bare Rd) http://www.doverxc.com/MDLD100k/MDLD100k.htm
Thursday, May 13, 2010					106 mile week
Friday, May 14, 2010	9		Base		106 mile week
Saturday, May 15, 2010	13		Double Creek Training		106 mile week - 8am starting at North Salem
Sunday, May 16, 2010	26		Bob Potts Marathon		106 mile week
Monday, May 17, 2010	9		Base		106 mile week
Tuesday, May 18, 2010	9	40 + 66 = 106	Base		106 mile week
Wednesday, May 19, 2010	25		Long Run - 5am from my house		Rail Trail 40 if weather is nice - 2.5 loops - http://www.mapmyrun.com/run/united-states/pa/dover/304124809361322290
Thursday, May 20, 2010					
Friday, May 21, 2010	9				
Saturday, May 22, 2010	13		Double Creek Training		8am starting at North Salem Elem
Sunday, May 23, 2010	13				
Monday, May 24, 2010	9				
Tuesday, May 25, 2010		78			

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Wednesday, May 26, 2010	30		Long Trail Run - Starting at Shanks Mare @8am		Stop 25 - 19 (Bare Rd) - http://www.doverxc.com/MDLD100k/MDLD100k.htm
Thursday, May 27, 2010					
Friday, May 28, 2010	9				
Saturday, May 29, 2010	13		Double Creek Training		8am starting at North Salem Elem
Sunday, May 30, 2010	13				
Monday, May 31, 2010	9				
Tuesday, June 01, 2010		74			
Wednesday, June 02, 2010	25		Long Run - 5am from my house		2.5 loops - http://www.mapmyrun.com/run/united-states/pa/dover/304124809361322290
Thursday, June 03, 2010					
Friday, June 04, 2010	9				
Saturday, June 05, 2010	13				
Sunday, June 06, 2010	13				
Monday, June 07, 2010	9				
Tuesday, June 08, 2010		69			

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Wednesday, June 09, 2010	26		Long Trail Run - Starting at Shanks Mare @8am		Start at stop 25 and out and back to stop 20 (Otter Creek)- http://www.doverxc.com/MDLD100k/MDLD100k.htm
Thursday, June 10, 2010					
Friday, June 11, 2010	9				
Saturday, June 12, 2010	13				
Sunday, June 13, 2010	13				
Monday, June 14, 2010					Leave for CA
Tuesday, June 15, 2010	11	61			
Wednesday, June 16, 2010	11				
Thursday, June 17, 2010	13				
Friday, June 18, 2010	12				
Saturday, June 19, 2010					
Sunday, June 20, 2010					
Monday, June 21, 2010					
Tuesday, June 22, 2010		47			
Wednesday, June 23, 2010					
Thursday, June 24, 2010					