

# MLU Phoenix Individual Training Schedule February 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 25 Minute Run - Good Pace	2 1 Mile Timed: Target - 7 to 7 1/2 Minutes
3 10 Minute Run Top Pace	4 3-50's 4-20's 5-10's 10-5's 3-100's	5 20 Minute Run Top Pace	6 30 Minutes Ball Work	7 30 Minute Fartlek Run Sprints within Run 10x5 sec 6x10 sec 8x15 sec 3x20 sec	8 Off	9 20 Minute Run Easy Pace
10 1 Mile Timed Improve on previous time	11 Practice	12 30 Minute Run Good Pace	13 Practice	14 30 Minutes Ball Work - 1st Touch	15 Off	16 30 Minute Fartlek Run Sprints within Run 10x5 sec 6x10 sec 8x15 sec 3x20 sec
17 5-50's 4-40's 3-30's 4-20's 5-10's	18 Practice	19 25 Minute Run Top Pace	20 Practice	21 1 Mile Timed Improve on previous time	22 4-100's 3-200's 2-50's 5-40's 10-10's	23 Off
24 30 Minute Fartlek Run Sprints within Run 10x5 sec 6x10 sec 8x15 sec 3x20 sec	25 Practice	26 45 Minute Run Good Pace	27 Practice	28 30 Minutes Ball Work - Shooting	1 30 Minute Fartlek Run Sprints within Run 10x5 sec 6x10 sec 8x15 sec 3x20 sec	2 Off