

BMO Vancouver Marathon

Volume	Day	Day	Day
	TUESDAY	THURSDAY	SUNDAY
Level 1	January-26-09 Tempo	January-28-09 Strength	January-31-09 20km
Level 2	February-02-09 Tempo	February-04-09 Strength	February-07-09 24km
Level 3	February-09-09 Tempo	February-11-09 Strength	February-14-09 28km
Recovery	February-16-09 Tempo	February-18-09 Strength	February-21-09 20km
Level 1	February-23-09 Tempo	February-25-09 Fartlek	February-28-09 24km
Level 2	March-02-09 Tempo	March-04-09 Fartlek	March-07-09 28km
Level 3	March-09-09 Tempo	March-11-09 Fartlek	March-14-09 32km
Recovery	March-16-09 Tempo	March-18-09 Fartlek	March-21-09 20km
Level 1	March-23-09 Tempo	March-25-09 Intervals	March-28-09 28km
Level 2	March-30-09 Tempo	April-01-09 Intervals	April-04-09 32km
Level 3	April-06-09 Tempo	April-08-09 Intervals	April-11-09 35km
Taper	April-13-09 Tempo	April-15-09 Intervals	April-18-09 20km
Taper	April-20-09 Tempo	April-22-09 Intervals	April-25-09 10km
Taper	April-27-09 Tempo	April-29-09 Intervals	May-02-09 Race