



**Connor's Runners Marathon 2020**

# June 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11 <b>RUN!</b> 7-8K Anywhere!	12	13-14 <b>12-14K Long Run</b>	
15	16 <b>STEADY</b> 8K Steady Run	17 <b>EASY</b> 6K Easy Run	18 <b>STEADY</b> 9K Steady Run	19	20-21 <b>16K Long Run</b>	
22	23 <b>BUILD</b> 9K Build EZ, Steady, Push	24	25 <b>The REID</b> Loops with 6 Hills in a 1 Hour Run	26 <b>EASY</b> 5K Easy Run	27-28 <b>18K Long Run</b>	
29	30 <b>LegSpeed</b> 3K + 4 X 2 Min HD then 4 Min EZ					



# July 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 <b>HILLS</b> 7 Hills in 8K of Running	3	4	5 <b>8K Easy + 16K SPECIAL</b>
6	7 <b>1-2 Punch</b> 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 5x	8	9 <b>PYLONS</b> 8 Total Hills run in thirds/quarters	10 <b>TEMPO</b> 2K warm-up + 5K Tempo Run	11	12 <b>20K Long Run</b>
13	14 <b>Pyramid</b> 1-2-3-4-3-2-1 Min HD then EZ	15	16 <b>HILLS</b> 9 Hills in 10K of Running	17	18	19 <b>7K Easy + 22K Long Run</b>
20	21 <b>H.I.I.T.</b> 3K Warm-up + 10x45s HD 2:15 EZ	22 <b>BUILD</b> 9K Build EZ, Steady, Push	23 <b>The REID</b> Loops with 6 Hills in a 1 Hour Run	24	25	26 <b>24K Long Run</b>
27	28 <b>LegSpeed</b> 3K + 6 X 2 Min HD then 4 Min EZ	29	30 <b>PYLONS</b> 10 Total Hills run in thirds/quarters	31		

## Connor's Runners Marathon 2020

# August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 <b>8K Easy + 16K SPECIAL</b>	2
3	4 <b>Pyramid</b> 1-2-3-4-5-4-3-2-1 Min HD then EZ	5 <b>Hill Billy</b> Rolling, Hilly Route of 7-8K	6 <b>TEMPO</b> 2K warm-up + 8K Tempo Run	7	8 <b>26K Long Run &amp; 4x1Min HD</b>	9
10	11 <b>H.I.I.T.</b> 3K Warm-up + 10x45s HD 2:15 EZ	12	13 <b>HILLS</b> 9 Hills in 10K of Running	14 <b>EASY</b> 7K Easy Run	15 <b>28K Long Run</b>	16
17	18 <b>ENDURE</b> 3K + 5 X 4 Min HD then 2 Min EZ	19 <b>STEADY</b> 9K Steady Run	20 <b>PYLONS</b> 10 Total Hills run in thirds/quarters	21	22 <b>30K Long Run &amp; 4x1Min HD</b>	23
24	25 <b>KRISTA</b> 8K @ RP by Feel – NO WATCH	26	27 <b>TEMPO</b> 2K warm-up + 8K Tempo Run	28	29 <b>8K Easy + 16K SPECIAL</b>	30
31			<p>If it doesn't challenge you, it won't change you.</p> <p><small>cutano.com</small></p>			

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# September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1 1-2 Punch</b> 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 6x	<b>2</b>	<b>3 SPEED</b> 3K Warm-up + 5 X 1K FAST!	<b>4 BUILD</b> 9K Build by 3K EZ, Steady, Push	<b>5</b>	<b>6</b> <b>32K Challenging Long Run</b>
<b>7</b>	<b>8 Leg Speed</b> 3K + 6 X 2 Min HD then 4 Min EZ	<b>9 Hill Billy</b> Rolling, Hilly Route of 7-8K	<b>10 TEMPO</b> 2K warm-up + 8K Tempo Run	<b>11</b>	<b>12</b>	<b>13</b> <b>34K Challenging Long Run</b>
<b>14</b>	<b>15 H.I.I.T.</b> 3K Warm-up + 12x45s HD 2:15 EZ	<b>16 FLUSH</b> 9K Flush Out Run	<b>17 SPEED</b> 3K Warm-up + 6 X 1K FAST!	<b>18</b>	<b>19</b>	<b>20</b> <b>21K Quick Long Run</b>
<b>21</b>	<b>22 ENDURE</b> 3K + 5 X 4 Min HD then 2 Min EZ	<b>23 EASY</b> 6K Easy Run	<b>24 The REID</b> Loops with 6 Hills in a 1 Hour Run	<b>25</b>	<b>26</b>	<b>27</b> <b>36-38K Long Run</b>
<b>28</b>	<b>29 FLUSH</b> 10K Flush Out the legs Run	<b>30</b>				

A mind that is stretched by new experiences can never go back to its old dimensions.

# October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 <b>BUILD</b> 9K Build EZ, @RP, Stronger	2 <b>EASY</b> 7K Easy Run	3 4 <b>21K Steady Long Run</b>	
5	6 <b>STEADY</b> 10K Steady Run	7 <b>RP RUN</b> 6K Mostly @ Race Pace	8 <b>STEADY</b> 8K Steady Run	9	10 11 <b>14K Long Run</b>	
12	13 <b>RacePace</b> 7K Run with Middle 2K @ RP	14	15 <b>EASY</b> 30 Min Super EZ	16	17 <b>EASY</b> 3K Easy with Accelerations	18 <b>Connor's Runners Marathon!</b>
19	20	21	22	23	24	25
26	27	28	29	30	31	

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