



CR's Oct 10K + Boxing Day 10 Miler 2020

June 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11 RUN! 5-6K Anywhere!	12	13	14 6-7K Long Run
15	16 STEADY 6K Steady Run	17 EASY 5K Easy Run	18 STEADY 6K Steady Run	19	20	21 7-8K Long Run
22	23 BUILD 6K Build EZ, Steady, Push	24	25 The REID Loops with 4 Hills in a 40 min Run	26 EASY 5K Easy Run	27	28 8K Long Run
29	30 LegSpeed 3K + 4 X 2 Min HD then 4 Min EZ		 <p>Respect for ourselves guides our morals; respect for others guides our manners. Laurence Sterne</p>			
						 CONNOR'S RUNNERS

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July 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 HILLS 6 Hills in 6K of Running	3	4	5 5K Easy + 9K SPECIAL
6	7 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 3x	8	9 PYLONS 6 Total Hills run in thirds/quarters	10 TEMPO 2K warm-up + 4K Tempo Run	11	12 9K Long Run
13	14 Pyramid 1-2-3-3-2-1 Min HD then EZ	15	16 STEADY 7K Steady Run	17	18	19 5K Easy + 10K Long Run
20	21 H.I.I.T. 3K Warm-up + 8x45s HD 2:15 EZ	22 BUILD 6K Build EZ, Steady, Push	23 The REID Loops with 4 Hills in a 45 min Run	24	25	26 12K Long Run
27	28 LegSpeed 3K + 4 X 2 Min HD then 4 Min EZ	29	30 PYLONS 6 Total Hills run in thirds/quarters	31		
CONNOR'S RUNNERS					<p>“Most of us serve our IDEALS by fits and STARTS. The person who makes a SUCCESS of living is the one who sees his goal steadily and aims for it unswervingly. That is DEDICATION.</p> <p style="text-align: right;">—Cecil B. DeMille</p>	

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August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2 6K Easy + 10K SPECIAL
3	4 Pyramid 1-2-3-3-2-1 Min HD then EZ	5 Hill Billy Rolling, Hilly Route of 7K	6 TEMPO 2K warm-up + 4K Tempo Run	7	8	9 12K Long Run & 2x1Min HD
10	11 H.I.I.T. 3K Warm-up + 9x45s HD 2:15 EZ	12	13 HILLS 6 Hills in 6K of Running	14 EASY 5K Easy Run	15	16 10K Long Run
17	18 ENDURE 3K + 3 X 4 Min HD then 2 Min EZ	19 STEADY 6K Steady Run	20 PYLONS 8 Total Hills run in thirds/quarters	21	22	23 12K Long Run & 3x1Min HD
24	25 STEADY 6K Steady Run	26	27 TEMPO 2K warm-up + 4K Tempo Run	28	29	30 6K Easy + 13K SPECIAL
31			<p>If it doesn't challenge you, it won't change you.</p> <p><small>CUPRINO.COM</small></p>			

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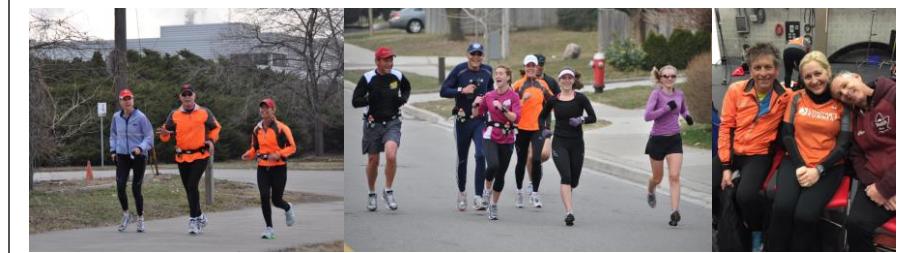


September 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 4x	2	3 The REID Loops with 4 Hills in a 40 min Run	4 BUILD 9K Build by 3K EZ, Steady, Push	5	6 12K Long Run	
7	8 Leg Speed 3K + 4 X 2 Min HD then 4 Min EZ	9 Hill Billy Rolling, Hilly Route of 6K	10 TEMPO 2K warm-up + 4K Tempo Run	11	12	13 14K Challenging Long Run	
14	15 H.I.I.T. 3K Warm-up + 9x45s HD 2:15 EZ	16	17 SPEED 3K Warm-up + 3 X 1K FAST!	18	19	20 6K Easy + 16K SPECIAL	
21	22 ENDURE 3K + 3 X 4 Min HD then 2 Min EZ	23	24 PYLONS 7 Total Hills run in thirds/quarters	25	26	27 10K Long Run	
28	29 1-2Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 4x	30 STEADY 5K Steady Run					
				A mind that is stretched by new experiences can never go back to its old dimensions.			
							CONNOR'S RUNNERS

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October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 SPEED 3K Warm-up 3 X 1K FAST!	2	3	4 10K Steady Long Run
5	6 STEADY 6K Steady Run	7 RP RUN 5K Mostly @ Race Pace	8 BUILD 6K Build EZ, @RP, Stronger	9	10	11 6K Long Run
12	13 RacePace 5K Run with Middle 2K @ RP	14	15 EASY 20 Min Super EZ	16	17 EASY 3K Easy with Accelerations	18 Connor's Runners 10K Race
19	20 FLUSH 5K Flush the Legs out Run	21	22 EASY 6K Easy Run	23	24	25 8K Long Run
26	27 TEMPO 2K warm-up + 6K Tempo Run	28	29 STEADY 7K Steady	30 Fartleks 6K Fartleks	31	1 11K Long Run
			SET GOALS STAY QUIET ABOUT THEM SMASH THE SHIT OUT OF THEM CLAP FOR YOUR DAMN SELF REPEAT COMPETE EVERY DAY			CONNOR'S RUNNERS

CR's Oct 10K + Boxing Day 10 Mile!



November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3 Pyramid 1-2-3-3-2-1 Min HD then EZ	4	5 HILLS 7 Hill Repeats within an 8K Run	6 EASY 6K Easy Run	7	8 14K Long Run
9	10 The REID Loops with 5 Hills in a 50 min Run	11 STEADY 6K Steady Run	12 TEMPO 2K warm-up + 6K Tempo Run	13	14	15 12K Challenging Long Run
16	17 1-2Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 4x	18	19 Fartleks 7K of Fartlek Running	20	21	22 5K Easy Run + 16K Special
23	24 ENDURE 3K + 3 X 4 Min HD then 2 Min EZ	25 EASY 5K Easy	26 BUILD 9K EZ, Med, Hard	27	28	29 14K Long Run 2x1Min HD
30						

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December 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 H.I.I.T 3K Warm-up + 9x45s HD 2:15 EZ	2	3 TEMPO 2K warm-up + 7K Tempo Run	4	5	6 17-18K Long Run
7	8 Hill Billy 7K Hilly Route	9	10 BUILD 9K Build EZ, Med, Strong!	11 EASY 6K Easy Run	12	13 12K Long Run
14	15 STEADY 7K Steady Run	16 RP RUN 6K Mostly at Race Pace	17 EASY 9K Easy Run	18	19	20 9K Long Run
21	22 EASY 6K Easy Run	23	24 EASY 3K Easy with Accelerations	25 Eat Light...	26 Boxing Day 10-Miler!	27
28	29	30	31	<p>LIFE is a BALANCE of holding on AND letting go -rumi</p>		
				<p>CONNOR'S RUNNERS</p>		

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