



Connor's Runners 1/2 Marathon 2020

June 2020



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



July 2020

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

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August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 7K Easy + 16K SPECIAL	2
3	4 Pyramid 1-2-3-4-3-2-1 Min HD then EZ	5 Hill Billy Rolling, Hilly Route of 7K	6 TEMPO 2K warm-up + 6K Tempo Run	7	8 22K Challenging Long Run	9
10	11 H.I.I.T. 3K Warm-up + 10x45s HD 2:15 EZ	12	13 HILLS 8 Hills in 8K of Running	14 EASY 6K Easy Run	15 8K Easy + 14K Long Run	16
17	18 ENDURE 3K + 5 X 4 Min HD then 2 Min EZ	19 STEADY 7K Steady Run	20 SPEED 3K Warm-up + 4 X 1K FAST!	21	22 23K Long Run & 4x1Min HD	23
24	25 LegSpeed 3K + 6 X 2 Min HD then 4 Min EZ	26	27 TEMPO 2K warm-up + 6K Tempo Run	28	29 25-26K Long Run	30
31			<p>If it doesn't challenge you, it won't change you.</p> <p><small>curtano.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 5x	2	3 SPEED 3K Warm-up 5 X 1K FAST!	4 STEADY 7K Steady Run	20K Steady Long Run	
7	8 STEADY 8K Steady Run	9 RP RUN 6K Mostly @ Race Pace	10 BUILD 9K Build EZ, @RP, Stronger	11	12K Long Run	
14	15 RacePace 6K Run with Middle 2K @ RP	16	17 EASY 30 Min Super EZ	18	19 EASY 3K Easy with Accelerations	20 Connors Runners ½ Marathon!
21	22	23	24	25	26	27
28	29	30	A mind that is stretched by new experiences can never go back to its old dimensions.			

Connor's Runners ½ Marathon 2020