

Chicago - Steamtown! 2019

June 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	 <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Happy 40th Birthday June! </div>		5	6	7	8
9			12	13		14
16	17	18	19	20 <u>7-8K Easy</u> <u>Opening Night Run!</u>	21	22 <u>EASY</u> 6K Easy Run
23 16K Long Run	24	25 <u>STEADY</u> 10K Steady Run	26	27 <u>TRILLS</u> 6 Trail Hill Repeats	28 <i>Watch-Free</i> <i>EASY 6K</i>	29
30 18K Long Run	Take the STAR Challenge: Learn 5 new names of runners in this group.					

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“Tell me and I forget, teach me and I may remember, involve me and I learn” – Ben Franklin
Get involved in your workouts, LEARN how to run fast, long and smooth. LEARN your paces.

July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <u>1-2 PUNCH x5</u> 1min HD 2 min EZ 2 min HD 1 min EZ	3 <i>Watch-Free</i> <i>EASY 9K</i>	4 <u>TRILLS</u> 8 Trail Hills	5	6
7 18K Long Run	8	9 <u>H.I.I.T</u> 3K + 10 x 45 sec Hard, 2:15 EZ	10	11 <u>PYLONS</u> 3 Sets of Pylons	12	13 <u>TEMPO</u> 8K Tempo Run
14 16K Special!	15	16 <u>TrackAttack</u> 3K +12xIn & Outs +2K Straight HD curve EZ	17	18 <u>BUILD</u> 9K Build by 3K (EZ, RP, Tempo)	19 <i>Watch-Free</i> <i>EASY 6K</i>	20
21 20K Long Run	22	23 <u>PYRAMID</u> 3K + 1-2-4-4-2-1 HD then EZ	24 <i>Watch-Free</i> <i>EASY 9K</i>	25 <u>TRILLS</u> 9 Trail Hills	26	27
28 23K Long Run	29	30 <u>The REID</u> 3K wu 30 Min Hills 3K cool down	31			



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August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>TEAMFARTLEK</u> 2K Warm up 8K of Fartleks Road/Trail	2	3 <u>Race Pace</u> 2K + 5K Race Pace
4 26K Long Run	5 Civic	6 <u>1-2 PUNCH x6</u> 1min HD 2 min EZ 2 min HD 1 min EZ	7	8 <u>PYLONS</u> 4 Sets	9	10 <u>TEMPO</u> 8K Tempo Run
11 16K Special!	12	13 <u>TrackAttack</u> 3K +14xIn & Outs +2K Straight HD curve EZ	14	15 <u>TRILLS</u> 10 Trail Hills	16 Watch-Free EASY 6K	17
18 28K Run to the CN Tower	19	20 <u>PYRAMID(s)</u> 3K + 1-2-4-2-4-2-1 HD then EZ	21 Watch-Free EASY 6K	22 <u>10K BUILD</u> 3K EZ 3K RP 4K FASTER (Tempo)	23	24
25 30K Long Run	26	27 <u>H.I.I.T</u> 3K + 11 x 45 sec Hard, 2:15 EZ	28	29 <u>The KRISTA</u> 10K Run, at RP NO WATCH . All by feel	30	31 Watch-Free EASY 9K

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“Just as we develop our physical muscles through overcoming opposition – such as lifting weights – we develop our character muscles by overcoming challenges and adversity” – Stephen Covey

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 33K Long Run	2	3 <u>1-2 PUNCH x7</u> 1min HD 2 min EZ 2 min HD 1 min EZ	4	5 <u>TeamFartlek</u> 2K Warm up 8K of Fartleks Road/Trail	6	7 <u>TEMPO</u> 8K Tempo
8 16K Special!	9	10 <u>The REID</u> 3K wu 30 Min Hills 3K cool down	11 <i>Demonstrate Accelerations</i> →	12 <u>TrackAttack</u> 3K +14xIn & Outs +2K Straight HD curve EZ	13	14 <u>RacePace</u> 2K EZ + 6K at RP
15 36K Long Run	16	17 <u>H.I.I.T</u> 3K + 11 x 45 sec Hard, 2:15 EZ	18 <i>Watch-Free EASY 8K</i>	19 <u>12K BUILD</u> 5K EZ - 4K RP - 3K Tempo	20	21
22 38K Long Run	23	24 <u>PYRAMID(s)</u> 3K + 1-2-4-2-4-2-1 HD then EZ	25	26 <u>INTERVALS</u> 3K + 4+4x4 (4 HD 4 EZ x 4)	27 <i>Watch-Free EASY 7K</i>	28
29 21K Long Run	30					



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October 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>The KRISTA</u> 10K Run, at RP NO WATCH . All by feel	2 <i>Watch-Free</i> <i>EASY 6K</i>	3 <u>BUILD</u> 9K Build by 3K (EZ, RP, Tempo)	4	5
6 14K Long Run	7	8 <u>TAPER</u> 9K Steady Run	9	10 <u>TAPER</u> 8K Super EZ	11	12 <i>3K with 3 Accelerations</i>
13 Race Day!	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	A photograph of two women smiling and posing for a photo. They are wearing winter jackets, one purple and one red, and are standing in what appears to be an indoor event space.	