


CHILLIWACK 2019

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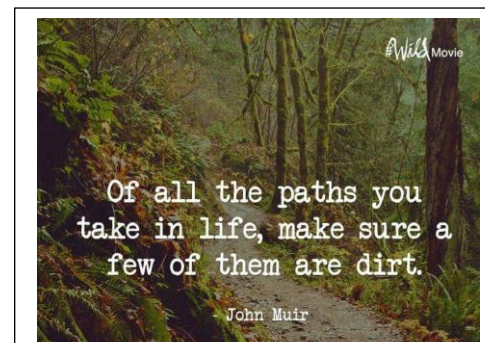
June 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Rest
2 9K Long Run	3	4	5	6	7	8
9 16K Long Run	10	11 <u>HIIT</u> 3K wu, 12 x 45 sec Hard, 2:15 EZ	12	13 <u>BUILD</u> 12K Build by 4K Easy - RP - Tempo	14	15 <u>LONG EASY</u> 90 minute Easy Run
16 16K Special!	17 <u>FLUSH</u> 6K Flush Run	18 <u>TRACK</u> 8x800m steady, fast pace.	19	20 <u>TRAIL HILLS</u> 10 Hills +	21 <u>FLOAT</u> Watch-Free EASY 10K	22
23 24K Long Run	24	25 <u>THE 'KRISTA'</u> 10K Run, at RP NO WATCH . All by feel	26 <u>FLOAT</u> Watch-Free EASY 10K	27 <u>SPEED</u> 4x800m 2x1600m 4x200m	28	29 <u>TEMPO</u> 10K Tempo Run
30 28K Long Run Last 8K @ RP						

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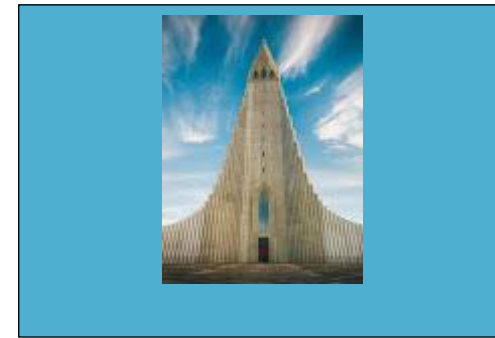
July 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <u>STEADY</u> 12K Steady Run	3	4 <u>SPEED</u> 2x800m 3x1600m 4x200m	5 <u>FLUSH</u> 6K Flush Run	6 <u>STEADY</u> 12K Steady Run
7 33K Long Run	8	9 <u>THE 'REID'</u> 3K wu 30 Min Hills 3K cool down	10 <u>FLOAT</u> <i>Watch-Free</i> <i>EASY 10K</i>	11 <u>SPEED</u> 3x5x400m. 1K EZ between sets of 5	12	13 <u>TEMPO</u> 10K Tempo Run
14 16K Special!	15	16 <u>HIIT</u> 3K wu, 12 x 45 sec Hard, 2:15 EZ	17 <u>RACE PACE</u> 15K Race Pace Run	18 <u>BUILD</u> 12K Build by 4K Easy - RP - Tempo	19	20
21 35K Long Run Last 8K @ RP	22	23 <u>TEMPO</u> 10K Tempo Run	24	25 <u>TRAIL HILLS</u> 10 of them! + 5K run	26	27 6K Easy Run to fatigue the legs
28 38K Long Run	29	30 <u>THE 'KRISTA'</u> 10K Run, at RP NO WATCH . All by feel	31 <u>FLOAT</u> <i>Watch-Free</i> <i>EASY 8K</i>			
<p>July must contain some DOWNHILL running. Days like the 2nd, 10th, and 31st should have long stretches of downhill running, even if it means that Ben drives you to the top each time until you get your miles in!</p>						

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August 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>MILES</u> 5 x1600m Each </=6:45/mile	2	3
4 21K Long Run	5	6 <u>RACE PACE</u> 10K Run @ RACE PACE	7	8 <u>BUILD</u> 9K Build by 3K Easy - RP - Tempo	9 <u>FLOAT</u> <i>Watch-Free</i> EASY 6K	10
11 14K Long Run	12	13 <u>EASY</u> 10K Easy Run	14 <u>EASY</u> 7K Super EASY Run	15	16 Taper Break 3K with Accelerations	17 Chilliwack Marathon!
18	19	20	21	22	23	24
25	26	27	28	30	31	