

Detroit - Niagara - Scotia-Half!

June 2019



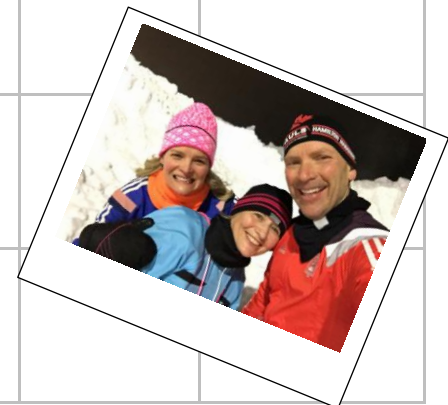
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Happy 40th Birthday June!</p> </div>		5	6	7	8
9			12	13		14
16	17	18	19	 20 <u>7-8K Easy</u> <u>Opening Night Run!</u>	21	22 <u>EASY</u> 6K Easy Run
23 10K Long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

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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 7K</i>	4 <u>TRILLS</u> 7 Trail Hills	5	6
7 14K 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> 6K Tempo Run
14 16K Special!	15	16 <u>TrackAttack</u> 3K +10xIn & 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 16K Long Run	22	23 <u>PYRAMID</u> 3K + 1-2-4-4-2-1 HD then EZ	24 <i>Watch-Free</i> <i>EASY 6K</i>	25 <u>TRILLS</u> 8 Trail Hills	26	27
28 18K 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 18K Long Run	5 Civic	6 <u>1-2 PUNCH x5</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 + 10x <i>In & Outs</i> + 2K Straight HD curve EZ	14	15 <u>TRILLS</u> 8 Trail Hills	16 <i>Watch-Free</i> EASY 6K	17
18 20K Run to the CN Tower	19	20 <u>PYRAMID</u> 3K + 1-2-4-4-2-1 HD then EZ	21 <i>Watch-Free</i> EASY 6K	22 <u>8K BUILD</u> 3K EZ 3K RP 2K FASTER (Tempo)	23	24
25 20K Long Run	26	27 <u>H.I.I.T</u> 3K + 10 x 45 sec Hard, 2:15 EZ	28	29 <u>The KRISTA</u> 8K Run, at RP NO WATCH . All by feel	30	31 <i>Watch-Free</i> EASY 7K



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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 22K Long Run	2	3 <u>1-2 PUNCH x6</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 +12xIn & Outs +2K Straight HD curve EZ	13	14 <u>RacePace</u> 2K EZ + 5K at RP
15 22K Long Run	16	17 <u>H.I.I.T</u> 3K + 10 x 45 sec Hard, 2:15 EZ	18 <i>Watch-Free EASY 6K</i>	19 <u>HILLS</u> 8 Road Hill Repeats	20	21
22 24K Long Run	23	24 <u>The KRISTA</u> 8K Run, at RP NO WATCH . All by feel	25	26 <u>10K BUILD</u> 4K EZ - 3K RP - 3K Tempo	27	28 <u>TEMPO</u> 6K Tempo Run
29 26K Long Run	30					



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October 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>PYRAMID(s)</u> 3K + 1-2-4-2-4-2-1 HD then EZ	2	3 <u>TrackAttack</u> 3K + 12xIn & Outs + 2K Straight HD curve EZ	4	5 <i>Watch-Free</i> <i>EASY 8K</i>
6 14K Long Run	7	8 <u>The KRISTA</u> 8K Run, at RP NO WATCH . All by feel	9 <i>Watch-Free</i> <i>EASY 6K</i>	10 <u>BUILD</u> 9K Build by 3K (EZ, RP, Tempo)	11	12
13 10K Long Run	14	15 <u>TAPER</u> 8K Steady Run	16	17 <u>TAPER</u> 6K Super EZ	18	19 <i>3K with 3</i> <i>Accelerations</i>
20 Race Day!	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. The photo is tilted slightly to the right.	