

Erie Marathon 2019

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 | | 15 |
| | | | |  | | |
| 16 | 17 | 18 | 19 | 20 <u>7-8K Easy</u> <u>Opening Night Run!</u> | 21 | 22 <u>EASY</u> 6K Easy Run |
| 23 21K Long Run | 24 | 25 <u>STEADY</u> 10K Steady Run | 26 | 27 <u>TRILLS</u> 7 Trail Hill Repeats | 28 <i>Watch-Free</i> <i>EASY 6K</i> | 29 |
| 30 24K Long Run | <p><i>Take the STAR Challenge: Learn 5 new names of runners in this group.</i></p> | | | | | |

Erie Marathon 2019

“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 x6</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> 9 Trail Hills | 5 | 6 |
| 7 28K Long Run | 8 | 9 <u>H.I.I.T</u> 3K + 10 x 45 sec Hard, 2:15 EZ | 10 | 11 <u>PYLONS</u> 4 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 30K 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> 10 Trail Hills | 26 | 27 |
| 28 33K Long Run | 29 | 30 <u>The REID</u> 3K wu 30 Min Hills 3K cool down | 31 | | | |
| | | | | | | |



Erie Marathon 2019

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 35K Long Run | 5 Civic | 6 <u>1-2 PUNCH x7</u> 1min HD 2 min EZ 2 min HD 1 min EZ | 7 | 8 <u>PYLONS</u> 4 Sets of Pylons | 9 | 10 <u>TEMPO</u> 8K Tempo Run |
| 11 16K Special! | 12 | 13 <u>TrackAttack</u> 3K + 16x <i>In & Outs</i> + 2K Straight HD curve EZ | 14 | 15 <u>INTERVALS</u> 3K + 4+4x4 (4 HD 4 EZ x 4) | 16 | 17 <u>RacePace</u> 2K EZ + 6K at RP |
| 18 38K Run to the CN Tower | 19 | 20 <u>PYRAMID(s)</u> 3K + 1-2-4-2-4-2-1 HD then EZ | 21 | 22 <u>10K BUILD</u> 3K EZ 3K RP 4K FASTER (Tempo) | 23 <i>Watch-Free</i> EASY 6K | 24 |
| 25 21K Long Run | 26 | 27 <u>H.I.I.T</u> 3K + 11 x 45 sec Hard, 2:15 EZ | 28 <i>Watch-Free</i> EASY 6K | 29 <u>The KRISTA</u> 10K Run, at RP NO WATCH . All by feel | 30 | 31 |
| | | | | | | |

Erie Marathon 2019

“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 14K Long Run | 2 | 3 <u>TAPER</u> 9K Steady Run | 4 | 5 <u>TAPER</u> 8K Super EZ | 6 | 7 <i>3K with 3 Accelerations</i> |
| 8 Race Day! | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |
| | | | | | | |

