


# Ham-Revel-Half! 2019

## June 2019



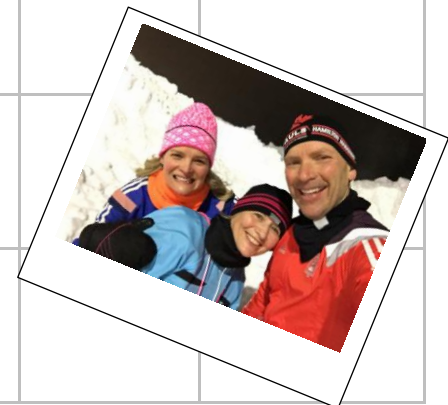
| SUNDAY                    | MONDAY  | TUESDAY                           | WEDNESDAY | THURSDAY   | FRIDAY  | SATURDAY                      |
|---------------------------|---|-----------------------------------|-----------|--|---|-------------------------------|
|                           |   |                                   |           |  |   | 1                             |
| 2                         |  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Happy<br/>40<sup>th</sup><br/>Birthday<br/>June!</p> </div> |                                   | 5         | 6  | 7   | 8                             |
| 9                         |   |                                   | 12        | 13   |  | 14                            |
| 16                        | 17  | 18                                | 19        | 20 <u>7-8K Easy</u><br><u>Opening Night Run!</u> | 21  | 22 <u>EASY</u><br>6K Easy Run |
| 23<br><b>10K Long Run</b> | 24  | 25 <u>STEADY</u><br>8K Steady Run | 26        | 27 <u>TRILLS</u><br>6 Trail Hill Repeats         | 28<br><i>Watch-Free</i><br><b>EASY 6K</b>   | 29                            |
| 30<br><b>12K Long Run</b> | <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><br>1min HD 2 min EZ<br>2 min HD 1 min EZ        | 3 <i>Watch-Free</i><br><i>EASY 7K</i>     | 4 <u>TRILLS</u><br>8 Trail Hills                     | 5   | 6                               |
| 7<br><b>12K Long Run</b>  | 8      | 9 <u>H.I.I.T</u><br>3K + 10 x 45 sec<br>Hard, 2:15 EZ                 | 10  | 11 <u>PYLONS</u><br>3 Sets of Pylons                 | 12  | 13 <u>TEMPO</u><br>8K Tempo Run |
| 14<br><b>14K Special!</b> | 15     | 16 <u>TrackAttack</u><br>3K +12xIn & Outs +2K<br>Straight HD curve EZ | 17  | 18 <u>BUILD</u><br>9K Build by 3K<br>(EZ, RP, Tempo) | 19<br><i>Watch-Free</i><br><i>EASY 6K</i> | 20                              |
| 21<br><b>14K Long Run</b> | 22     | 23 <u>PYRAMID</u><br>3K + 1-2-4-4-2-1<br>HD then EZ                   | 24<br><i>Watch-Free</i><br><i>EASY 6K</i> | 25 <u>TRILLS</u><br>9 Trail Hills                    | 26  | 27                              |
| 28<br><b>16K Long Run</b> | 29     | 30 <u>The REID</u><br>3K wu 30 Min Hills<br>3K cool down              | 31  |  |   |                                 |
|                           |        |   |   |  |   |                                 |



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# August 2019



| SUNDAY                               | MONDAY  | TUESDAY   | WEDNESDAY                                 | THURSDAY  | FRIDAY                                    | SATURDAY                                  |
|--------------------------------------|---------|---|---|---|---|---|
|                                      |         |   |   | 1 <u>TEAMFARTLEK</u><br>2K Warm up 8K of Fartleks Road/Trail        | 2   | 3 <u>Race Pace</u><br>2K + 5K Race Pace   |
| 4<br><b>18K Long Run</b>             | 5 Civic | 6 <u>1-2 PUNCH x5</u><br>1min HD 2 min EZ<br>2 min HD 1 min EZ                      | 7   | 8 <u>PYLONS</u><br>4 Sets   | 9   | 10 <u>TEMPO</u><br>8K Tempo Run           |
| 11<br><b>16K Special!</b>            | 12      | 13 <u>TrackAttack</u><br>3K + 10x <i>In &amp; Outs</i> + 2K<br>Straight HD curve EZ | 14  | 15 <u>TRILLS</u><br>10 Trail Hills                                  | 16<br><i>Watch-Free</i><br><b>EASY 6K</b> | 17  |
| 18 20K<br><b>Run to the CN Tower</b> | 19      | 20 <u>PYRAMID</u><br>3K + 1-2-4-4-2-1<br>HD then EZ                                 | 21<br><i>Watch-Free</i><br><b>EASY 6K</b> | 22 <u>8K BUILD</u><br>3K EZ 3K RP<br>2K FASTER (Tempo)              | 23  | 24  |
| 25<br><b>20K Long Run</b>            | 26      | 27 <u>H.I.I.T</u><br>3K + 10 x 45 sec Hard,<br>2:15 EZ                              | 28  | 29 <u>The KRISTA</u><br>8K Run, at RP <b>NO WATCH</b> . All by feel | 30  | 31<br><i>Watch-Free</i><br><b>EASY 7K</b> |
|                                      |         |   |   |   |   |   |

# Ham-Revel-Half! 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<br><b>22K Long Run</b>  | 2      | 3 <u>1-2 PUNCH x6</u><br>1min HD 2 min EZ<br>2 min HD 1 min EZ      | 4  | 5 <u>TeamFartlek</u><br>2K Warm up 8K of Fartleks Road/Trail       | 6      | 7 <u>TEMPO</u><br>8K Tempo             |
| 8<br><b>16K Special!</b>  | 9      | 10 <u>The REID</u><br>3K wu 30 Min Hills 3K cool down               | 11<br><i>Demonstrate Accelerations</i> → | 12 <u>TrackAttack</u><br>3K +12xIn & Outs +2K Straight HD curve EZ | 13     | 14 <u>RacePace</u><br>2K EZ + 5K at RP |
| 15<br><b>22K Long Run</b> | 16     | 17 <u>H.I.I.T</u><br>3K + 10 x 45 sec Hard, 2:15 EZ                 | 18<br><i>Watch-Free EASY 6K</i>          | 19 <u>HILLS</u><br>8 Road Hill Repeats                             | 20     | 21                                     |
| 22<br><b>23K Long Run</b> | 23     | 24 <u>The KRISTA</u><br>8K Run, at RP <b>NO WATCH</b> . All by feel | 25                                       | 26 <u>10K BUILD</u><br>4K EZ - 3K RP - 3K Tempo                    | 27     | 28<br><i>Watch-Free EASY 8K</i>        |
| 29<br><b>16K Easy Run</b> | 30     |   |  |  |        |  |



Ham-Revel-Half! 2019

# October 2019



| SUNDAY                    | MONDAY | TUESDAY   | WEDNESDAY                          | THURSDAY  | FRIDAY                              | SATURDAY                               |
|---------------------------|--------|---|------------------------------------|---|-------------------------------------|--|
|                           |        | 1 <u>PYRAMID(s)</u><br>3K + 1-2-4-2-4-2-1<br>HD then EZ                 | 2                                  | 3 <u>The REID</u><br>3K wu 30 Min Hills 3K<br>cool down | 4                                   | 5 <u>TEMPO</u><br>8K Tempo Run         |
| 6<br><b>23K Long Run</b>  | 7      | 8 <u>1-2 Punch x6</u><br>1min HD 2 min EZ<br>2 min HD 1 min EZ          | 9<br><i>Watch-Free<br/>EASY 6K</i> | 10 <u>STEADY</u><br>10K Steady Run                      | 11                                  | 12 <u>RacePace</u><br>2K EZ + 5K at RP |
| 13<br><b>26K Long Run</b> | 14     | 15 <u>H.I.I.T</u><br>3K + 10 x 45 sec Hard,<br>2:15 EZ                  | 16                                 | 17 <u>INTERVALS</u><br>3K + 4+4x3<br>(4 HD 4 EZ x 3)    | 18<br><i>Watch-Free<br/>EASY 6K</i> | 19                                     |
| 20<br><b>14K Long Run</b> | 21     | 22 <u>The KRISTA</u><br>8K Run, at RP <b>NO<br/>WATCH</b> . All by feel | 23                                 | 24 <u>BUILD</u><br>9K Build by 3K<br>(EZ, RP, Tempo)    | 25                                  | 26<br><i>Watch-Free<br/>EASY 6K</i>    |
| 27<br><b>10K Long Run</b> | 28     | 29 <u>TAPER</u><br>8K Steady Run  | 30                                 | 31 <u>TAPER</u><br>6K Super EZ                          |                                     |  |
|                           |        |   |                                    |   |                                     |  |

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# November 2019

| SUNDAY                | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY                            |
|-----------------------|--------|---------|-----------|----------|--------|-------------------------------------|
|                       |        |         |           |          | 1      | 2<br><i>3K with 3 Accelerations</i> |
| 3<br><b>Race Day!</b> | 4      | 5       | 6         | 7        | 8      | 9                                   |
| 10                    | 11     | 12      | 13        | 14       | 15     | 16                                  |
| 17                    | 18     | 19      | 20        | 21       | 22     | 23                                  |
| 24                    | 25     | 26      | 27        | 28       |        |                                     |
|                       |        |         |           |          |        |                                     |

