

Philly 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 40<sup>th</sup> 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 12K 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 14K 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 9K</i>	4 <u>TRILLS</u> 8 Trail Hills	5	6
7 <b>16K Long Run</b>	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 <b>16K Special!</b>	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 <b>18K Long Run</b>	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 <b>18K Long Run</b>	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 20K 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 22K 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 22K 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 <b>NO WATCH</b> . 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 <b>24K Long Run</b>	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 <b>16K Special!</b>	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 <b>26K Long Run</b>	16	17 <u>H.I.I.T</u> 3K + 11 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 <b>28K Long Run</b>	23	24 <u>The KRISTA</u> 10K Run, at RP <b>NO WATCH</b> . All by feel	25	26 <u>12K BUILD</u> 5K EZ - 4K RP - 3K Tempo	27	28 <i>Watch-Free EASY 9K</i>
29 <b>30K Long Run</b>	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>The REID</u> 3K wu 30 Min Hills 3K cool down	4	5 <u>TEMPO</u> 8K Tempo Run
6 <b>16K Special</b>	7	8 <u>1-2 Punch x7</u> 1min HD 2 min EZ 2 min HD 1 min EZ	9 <i>Watch-Free</i> <b>EASY 6K</b>	10 <u>STEADY</u> 12K Steady Run	11	12 <u>RacePace</u> 2K EZ + 6K at RP
13 <b>33K Long Run</b>	14	15 <u>The KRISTA</u> 10K Run, at RP <b>NO</b> <b>WATCH</b> . All by feel	16	17 <u>INTERVALS</u> 3K + 4+4x4 (4 HD 4 EZ x 4)	18 <i>Watch-Free</i> <b>EASY 6K</b>	19
20 <b>36K Long Run</b>	21	22 <u>H.I.I.T</u> 3K + 11 x 45 sec Hard, 2:15 EZ	23	24 <u>TeamFartlek</u> 2K Warm up 8K of Fartleks Road/Trail	25	26 <u>TEMPO</u> 10K Tempo Run
27 <b>21K EZ Run</b>	28	29 <u>PYRAMID(s)</u> 3K + 1-2-4-2-4-2-1 HD then EZ	30 <i>Watch-Free</i> <b>EASY 8K</b>	31 <u>STEADY</u> 10K Steady Run		

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# November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>Time Change!</b>
3 <b>38K Long Run</b>	4	5 <b>10K BUILD</b> 4K EZ - 3K RP - 3K Tempo	6	7 <b>Track Attack</b> 3K +12xIn & Outs +2K Straight HD curve EZ	8	9 <i>Watch-Free</i> <b>EASY 8K</b>
10 <b>21K Long Run</b>	11	12 <b>The KRISTA</b> 10K Run, at RP <b>NO</b> <b>WATCH</b> . All by feel	13	14 <b>BUILD</b> 9K Build by 3K (EZ, RP, Tempo)	15 <i>Watch-Free</i> <b>EASY 6K</b>	16
17 <b>14K Long Run</b>	18	19 <b>TAPER</b> 9K Steady Run	20	21 <b>TAPER</b> 8K Super EZ	22	23 <i>3K with 3</i> <i>Accelerations</i>
24 <b>Race Day!</b>	25	26	27	28		

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# December 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	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
29	30	31				