


REYKJAVIK 2019

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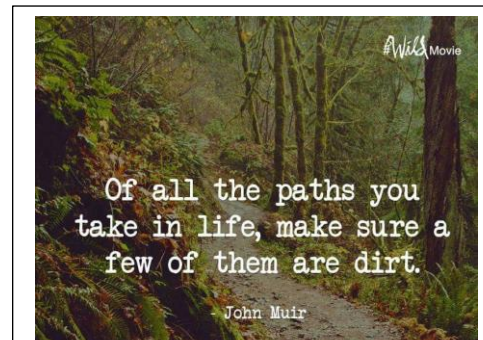
June 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>EASY</u> 12K Easy Run
2 26K Long Run	3	4 <u>TEMPO</u> 1 Hour Tempo run. GO!	5 <u>FLOAT</u> <i>Watch-Free</i> EASY 9K	6 <u>PYLONS</u> 4 Sets	7	8
9 28K Long Run Last 8K @ RP	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> <i>Watch-Free</i> EASY 10K	22
23 28K Long Run	24	25 <u>THE 'KRISTA'</u> 10K Run, at RP NO WATCH . All by feel	26 <u>FLOAT</u> <i>Watch-Free</i> EASY 10K	27 <u>SPEED</u> 4x800m 2x1600m 4x200m	28	29 <u>TEMPO</u> 10K Tempo Run
30 30K 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 30K 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 33K Long Run	22	23 <u>TEMPO</u> 10K Tempo Run	24	25 <u>TRAIL HILLS</u> 10 of them! + 5K run	26 <u>FLUSH</u> 8K Flush Run	27
28 36K Long Run Last 8K @ RP	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>			

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August 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>MILES</u> 5 x1600m Each </=6 Min. Steady.	2	3 <u>EASY</u> 8K Easy Run to fatigue the legs
4 38K Long Run	5	6 <u>INTERVALS</u> 6x4 min Hard then 3 min EZ	7 <u>FLUSH</u> 6K Flush Run	8 <u>STEADY</u> 12K Steady Run	9	10 <u>TEMPO</u> 10K Tempo Run
11 21K Long Run	12	13 <u>RACE PACE</u> 10K Run @ RACE PACE	14 <u>FLOAT</u> <i>Watch-Free</i> <i>EASY 8K</i>	15 <u>BUILD</u> 9K Build by 3K Easy - RP - Tempo	16	17
18 14K Long Run	19	20 <u>EASY</u> 10K Easy Run	21 <u>EASY</u> 7K Super EASY Run	22	23 Taper Break 3K with Accelerations	24 Reykjavik Marathon!
25	26	27	28	30	31	
						

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