

Yellow - HuffinPuffin 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		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 24K Long Run	24	25 <u>STEADY</u> 10K Steady Run	26	27 <u>TRILLS</u> 6 Trail Hill Repeats	28 <i>Watch-Free</i> EASY 6K	29
30 27K Long Run	<p><i>Take the STAR Challenge: Learn 5 new names of runners in this group.</i></p>					

Yellow - HuffinPuffin 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> 8 Trail Hills	5	6
7 30K 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> 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 33K 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> 9 Trail Hills	26	27
28 36K Long Run	29	30 <u>The REID</u> 3K wu 30 Min Hills 3K cool down	31			



Yellow - HuffinPuffin 201

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 <i>Watch-Free</i> <i>EASY 6K</i>	8 <u>PYLONS</u> 4 Sets	9	10
11 14K Long Run	12	13 <u>TAPER</u> 9K Steady Run	14	15 <u>TAPER</u> 7K Super Easy	16	17
18 Race Day1!	19	20 Rest Day	21	22 Rest Day	23 <i>Watch-Free</i> <i>EASY 5K</i>	24
25 15K Long Run	26	27 <u>H.I.I.T</u> 3K + 11 x 45 sec Hard, 2:15 EZ	28	29 <u>BUILD</u> 9K Build by 3K (EZ, RP, Tempo)	30	31 <i>Watch-Free</i> <i>EASY 9K</i>

Yellow - HuffinPuffin 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 28K Long Run	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 24K Long Run	9	10 <u>The KRISTA</u> 10K Run, at RP NO WATCH . All by feel	11 <i>Watch-Free</i> <i>EASY 8K</i>	12 <u>BUILD</u> 9K Build by 3K (EZ, RP, Tempo)	13	14
15 14K Long Run	16	17 <u>TAPER</u> 9K Steady Run	18	19 <u>TAPER</u> 8K Super EZ	20	21 <i>3K with 3</i> <i>Accelerations</i>
22 Race Day 2!	23	24	25	26	27	28
29	30					

