

November 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10 10K Long Run	11	12 <u>STEADY</u> 8K Steady Run	13	14 <u>EASY</u> 9K Easy Run	15	16
17 10K Long Run	18	19 <u>SPEED-DURE</u> 3K + 4 X 2 Minutes Hard 4 Min EZ	20	21 <u>BUILD</u> 9K Build by 3K EZ – Med - Strong	22	23 <u>FLOAT</u> <i>Watch-Free</i> EASY 6K
24 10-12K Long Run	25	26 <u>HIIT (1:3)</u> 3K + 9 x 45 sec Hard, 2:15 EZ	27 <u>FLOAT</u> <i>Watch-Free</i> EASY 6K	28 <u>TEMPO</u> 8K Tempo Run	29	30
<p>For most of you, November is a general fitness month. If you are racing in Tokyo or Los Angeles in March 2020 – get your butt running! Be smart, build up your fitness and run frequency this month. Be smart.</p>						



December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10-12K Long Run	2	3 <u>1-2 PUNCH x5</u> 1min HD 2 min EZ 2 min HD 1 min EZ	4	5 <u>The REID</u> 3K + 30 Min Rolling Hills + 2K cool down	6 <u>EASY</u> 6K Easy Run	7
8 14K Long Run	9	10 <u>STRONG-DURE</u> 3K + 4 X 4 Minutes Hard 2 Min EZ	11	12 <u>WOO HOO!</u> <i>Opening Night 8K Run!</i>	13	14 <u>EASY</u> 30 Minute Easy Run
15 16K Long Run	16	17 <u>STEADY</u> 8-10K Steady Run	18 <u>TEMPO</u> 8K Tempo Run	19 <u>SOCIAL</u> 10K Social Run	20	21 <u>TEMPO</u> 7K Tempo Run
22 16K SPECIAL RUN	23	24 <u>AM RUN</u> 8-10K Run	25 REST DAY!	26 <u>OPTIONS</u> <i>BoxingDay 10Miler? OR 10K Social Run</i>	27	28 <u>EASY</u> 40 Minute Easy Run
29 18K Long Run	30	31 <u>1-2 PUNCH x5</u> 1min HD 2 min EZ 2 min HD 1 min EZ				

"I'll be happy if Running and I can grow old together" – Haruki Murakami
 "Pain is inevitable. Suffering is OPTIONAL" – Haruki Murakami
 "All I do is keep on running in my own cozy, homemade void, my own nostalgic silence. And this is a pretty wonderful thing. No matter what anybody else says" – Haruki Murakami



30K Around the Bay 2020



January 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Rest Day	2 <u>HILLS</u> 7 Hill Repeats	3 <u>FLUSH OUT</u> 6K Flush-out Run	4
5 20K Long Run	6	7 <u>SPEED-DURE</u> 3K + 5 X 2 Minutes Hard 4 Min EZ	8 <u>MED-LONG</u> 12K Run	9 <u>PYLONS</u> 3 sets	10	11 <u>EASY</u> 40 Minute Easy Run
12 22K Long Run	13	14 <u>HIIT (1:3)</u> 3K + 10 x 45 sec Hard, 2:15 EZ	15 <u>FLOAT</u> Watch-Free EASY 6K	16 <u>HILLS</u> 9 Hills – GO!	17	18 <u>TEMPO</u> 8K Tempo Run
19 16K SPECIAL RUN	20	21 <u>STRONG-DURE</u> 3K + 4 X 4 Minutes Hard 2 Min EZ	22	23 <u>PYLONS +</u> 3 sets + after each 10 Jump Squats 30 sec ankle hops 30 sec skip far	24 <u>FLUSH OUT</u> 8K Flush-out Run	25
26 24K Long Run	27	28 <u>1-2 PUNCH x5</u> 1min HD 2 min EZ 2 min HD 1 min EZ	29 <u>FLOAT</u> Watch-Free EASY 7K	30 <u>BUILD</u> 9K Build by 3K EZ – Med - Strong	31	

“People think I’m crazy to put myself through such torture, though I would argue otherwise. Somewhere along the line, we seem to have confused comfort with happiness. Dostoyevsky had it right: ‘Suffering is the sole origin of consciousness.’ Never are my senses more engaged than when the pain sets in. There is magic in misery. Just ask any runner.” – Dean Karnazes



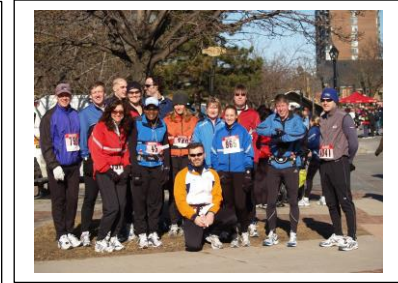
February 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>TEMPO</u> 8K Tempo Run
2 26K Long Run	3	4 <u>SPEED-DURE</u> 3K + 6 X 2 Minutes Hard 4 Min EZ	5 <u>FLOAT</u> <i>Watch-Free</i> EASY 9K	6 <u>PYLONS</u> 3 sets + after each 10 Jump Squats 30 sec ankle hops 30 sec skip far	7	8
9 21K Long Run	10	11 <u>HIIT (1:3)</u> 3K + 11 x 45 sec Hard, 2:15 EZ	12	13 <u>BUILD</u> 9K Build by 3K EZ – Med - Strong	14	15 <u>TEMPO</u> 10K Tempo Run
16 16K SPECIAL RUN	17 Family Day!	18 <u>STRONG-DURE</u> 3K + 5 X 4 Minutes Hard 2 Min EZ	19 <u>MED-LONG</u> 12K Run	20 <u>PYLONS</u> 4 sets + after each 10 Jump Squats 30 sec ankle hops 30 sec skip far	21	22 <u>12K BUILD</u> 5K EZ - 4K RP - 3K Strong
23 28K Long Run	24	25 <u>1-2 PUNCH x6</u> 1min HD 2 min EZ 2 min HD 1 min EZ	26	27 <u>The REID</u> 3K + 30 Min Rolling Hills + 2K cool down	28 <u>TEMPO</u> 10K Tempo Run	29

“There is nothing so momentary as a sporting achievement, and nothing so lasting as the memory of it.” – Greg Dening
 “Running is real and relatively simple...but it ain’t easy.” – Mark Will-Weber

March 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 30K Long Run	2	3 <u>SPEED-DURE</u> 3K + 5 X 2 Minutes Hard 4 Min EZ	4 <u>MED-LONG</u> 14K Run	5 <u>The KRISTA</u> 8K Run, at RP NO WATCH . All by feel	6	7
8 33K Long Run	9	10 <u>FLUSH-OUT</u> 6K Flush Out the legs Run	11	12 <u>BUILD</u> 9K Build by 3K EZ – RP - Strong	13	14 <u>STEADY</u> 8K Steady Run
15 16K Long Run	16	17 <u>STEADY</u> 10K Steady Run	18 <u>RACE PACE</u> 7K Run with middle 3K @RP	19 <u>STEADY</u> 8K Steady Run + Accelerations	20	21
22 12K Long Run	23	24 <u>RACE PACE</u> 6K Run with middle 2K @RP	25	26 <u>SUPER EASY</u> 30 Minute Super EASY Run	27	28 <u>Taper Break</u> 3K Jog with 3 Accelerations
29 RACE DAY!	30	31				



The KEY workout to get faster for endurance runners has always been the TEMPO run. It is often misunderstood, it is fluid in its pace, and it is ALWAYS uncomfortable. Speak to me about making the most of your last 2-3 months of training to get ready for your Spring Marathon/ Half Marathon. We will make changes to some of your runs for this.