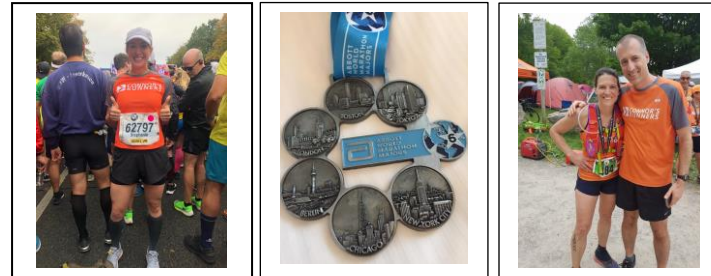


November 2019



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---|--|--|--------|--|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 16K Long Run | 11 | 12 <u>STEADY</u> 8K Steady Run | 13 | 14 <u>EASY</u> 9K Easy Run | 15 | 16 |
| 17 18K Long Run | 18 | 19 <u>SPEED-DURE</u> 3K + 5 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 16K SPECIAL RUN | 25 | 26 <u>HIIT (1:3)</u> 3K + 10 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 20K Long Run | 2 | 3 <u>1-2 PUNCH x6</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 22K 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>TEMPO</u> 8K Tempo Run |
| 15 24K Long Run | 16 | 17 <u>HIIT (1:3)</u> 3K + 11 x 45 sec Hard, 2:15 EZ | 18 | 19 <u>HILLS</u> 8 Hills-GO! | 20 <u>BUILD</u> 9K Build by 3K EZ – Med - Strong | 21 |
| 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>TEMPO</u> 10K Tempo Run |
| 29 26K Long Run | 30 | 31 <u>1-2 PUNCH x6</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



Atlanta 2020 Marathon



January 2020



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|--------|---|--|---|---|---|
| | | | 1 Rest Day | 2 <u>HILLS</u> 9 Hills-GO! | 3 <u>FLUSH OUT</u> 6K Flush-out Run | 4 |
| 5 28K Long Run | 6 | 7 <u>SPEED-DURE</u> 3K + 6 X 2 Minutes Hard 4 Min EZ | 8 | 9 <u>PYLONS</u> 4 sets | 10 | 11 <u>BUILD</u> 9K Build by 3K EZ – RP - Strong |
| 12 30K Long Run | 13 | 14 <u>HIIT (1:3)</u> 3K + 12 x 45 sec Hard, 2:15 EZ | 15 <u>FLOAT</u> Watch-Free EASY 6K | 16 <u>HILLS</u> 10 Hills – GO! | 17 | 18 <u>TEMPO</u> 8K Tempo Run |
| 19 16K SPECIAL RUN | 20 | 21 <u>STRONG-DURE</u> 3K + 5 X 4 Minutes Hard 2 Min EZ | 22 | 23 <u>PYLONS +</u> 4 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 33K Long Run | 27 | 28 <u>1-2 PUNCH x7</u> 1min HD 2 min EZ 2 min HD 1 min EZ | 29 <u>FLOAT</u> Watch-Free EASY 7K | 30 <u>12K BUILD</u> 5K EZ – 4K Med – 3K 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 |
| 2 36K Long Run | 3 | 4 <u>SPEED-DURE</u> 3K + 6 X 2 Minutes Hard 4 Min EZ | 5 <u>MED-LONG</u> 15K Run | 6 <u>FARTLEKS</u> 10K of Fartleks (Solo, Treadmill, Team – u pick!) | 7 | 8 <u>BUILD</u> 9K Build by 3K EZ – RP - Strong |
| 9 38K Long Run | 10 | 11 <u>FLUSH-OUT</u> 8K Flush Out the legs Run | 12 | 13 <u>STEADY</u> 8K Steady Run + Accelerations | 14 | 15 <u>STEADY</u> 8K Steady Run |
| 16 21K Long Run | 17 Family Day! | 18 <u>STEADY</u> 10K Steady Run | 19 <u>RACE PACE</u> 7K Run with middle 3K @RP | 20 <u>SUPER EASY</u> 30 Minute Super EASY Run | 21 | 22 |
| 23 14K Long Run | 24 | 25 <u>RACE PACE</u> 6K Run with middle 2K @RP | 26 | 27 | 28 | 29 <u>Taper Break</u> 3K Jog with 3 Accelerations |

“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 RACE DAY! | 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 | | | | |
| <p>“My grandmother started walking 5 miles a day when she was sixty. She’s ninety-seven now, and we don’t know where the heck she is.” – Ellen DeGeneres</p> | | | | | | |