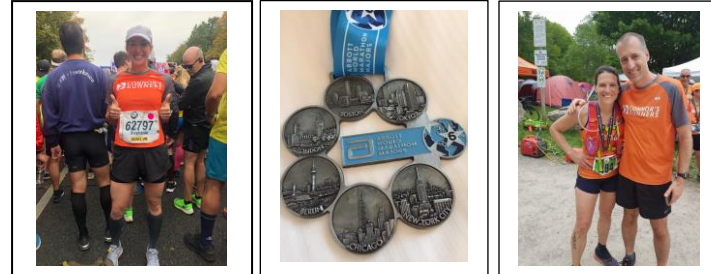


# November 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	<p><i>Your target race is in May 2020. No need to train with too much intensity this month. Aim to run 3 times per week. That means two mid-week runs and one long-ish run on the weekends. This is just a guide, you can certainly take more time off than this suggests.</i></p> <p><i>Vicki will be providing long run and Thursday routes to those interested. If that includes you, be sure that you're on her email list by contacting her directly:</i></p> <p><a href="mailto:Vbrown2350@gmail.com"><u>Vbrown2350@gmail.com</u></a></p> <p><i>I will see you December 12<sup>th</sup> at 7 pm at Hiker's Haven!</i></p>				
10 10K Long Run	11					
17 10K Long Run	18					
24 10-12K Long Run	25					
<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 <b>10-12K Long Run</b>	2	3	4	5	6	7
8 <b>12K Long Run</b>	9	10	11	12 <b><u>WOO HOO!</u></b> <i>Opening Night 8K Run!</i>	13	14 <b><u>EASY</u></b> 30 Minute Easy Run
15 <b>12K Long Run</b>	16	17 <b><u>STEADY</u></b> 8-10K Steady Run	18	19 <b><u>SOCIAL</u></b> 10K Social Run	20	21 <b><u>EASY</u></b> 35 Minute Easy Run
22 <b>14K Long Run</b>	23	24 <b><u>AM RUN</u></b> 8-10K Run	25 <b>REST DAY!</b>	26 <b><u>OPTIONS</u></b> <i>BoxingDay 10Miler? OR 10K Social Run</i>	27	28 <b><u>EASY</u></b> 40 Minute Easy Run
29 <b>16K Long Run</b>	30	31 <b><u>1-2 PUNCH x5</u></b> 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



Buffalo 2020 Marathon



# January 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>Rest Day</b>	2 <u>HILLS</u> 7 Hill Repeats	3 <u>FLUSH OUT</u> 6K Flush-out Run	4
5 <b>18K Long Run</b>	6	7 <u>SPEED-DURE</u> 3K + 4 X 2 Minutes Hard 4 Min EZ	8	9 <u>PYLONS</u> 3 sets	10	11 <u>EASY</u> 40 Minute Easy Run
12 <b>18K Long Run</b>	13	14 <u>HIIT (1:3)</u> 3K + 10 x 45 sec Hard, 2:15 EZ	15 <u>FLOAT</u> <b>Watch-Free</b> <b>EASY 6K</b>	16 <u>HILLS</u> 9 Hills – GO!	17	18 <u>TEMPO</u> 6-8K Tempo Run
19 <b>16K SPECIAL RUN</b>	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 <b>20K Long Run</b>	27	28 <u>1-2 PUNCH x5</u> 1min HD 2 min EZ 2 min HD 1 min EZ	29 <u>FLOAT</u> <b>Watch-Free</b> <b>EASY 7K</b>	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> 6-8K Tempo Run
2 <b>20K Long Run</b>	3	4 <u>SPEED-DURE</u> 3K + 4 X 2 Minutes Hard 4 Min EZ	5 <u>FLOAT</u> <i>Watch-Free</i> <b>EASY 9K</b>	6 <u>PYLONS</u> 3 sets + after each 10 Jump Squats 30 sec ankle hops 30 sec skip far	7	8
9 <b>22K Long Run</b>	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> 8-10K Tempo Run
16 <b>16K SPECIAL RUN</b>	17 <b>Family Day!</b>	18 <u>STEADY</u> 10K Steady Run	19 <u>MED-LONG</u> 15K Run	20 <u>PYLONS</u> 4 sets + after each 10 Jump Squats 30 sec ankle hops 30 sec skip far	21	22 <u>BUILD</u> 9K Build by 3K EZ – Med - Strong
23 <b>24K Long Run</b>	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 <b>Chilly Half?</b> <b>24K Long Run</b>	2	3 <u>SPEED-DURE</u> 3K + 5 X 2 Minutes Hard 4 Min EZ	4 <u>FLOAT</u> <b>Watch-Free</b> <b>EASY 9K</b>	5 <u>TEMPO</u> 10 Tempo Run	6	7
8 <b>26K Long Run</b>	9	10 <u>HIIT (1:3)</u> 3K + 12 x 45 sec Hard, 2:15 EZ	11	12 <u>PYLONS</u> 3 sets + after each 10 Jump Squats 30 sec ankle hops 30 sec skip far	13	14 <u>TEMPO</u> 8-10K Tempo Run
15 <b>16K SPECIAL RUN</b>	16	17 <u>STRONG-DURE</u> 3K + 5 X 4 Minutes Hard 2 Min EZ	18 <u>MED-LONG</u> 15K Run	19 <u>The REID</u> 3K + 30 Min Rolling Hills + 2K cool down	20 <u>FLUSH OUT</u> 6K Flush-out Run	21
22 <b>28K Long Run</b>	23	24 <u>1-2 PUNCH x6</u> 1min HD 2 min EZ 2 min HD 1 min EZ	25	26 <u>BUILD</u> 9K Build by 3K EZ – Med - Strong	27 <u>EASY</u> 6K Easy Run	28
29 <b>ATB?</b> <b>30K Long Run</b>	30	31 <u>FLUSH OUT</u> 8-10K Flush Out the legs Run				



*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.*

# April 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <u>The KRISTA</u> 8K Run, at RP <b>NO WATCH</b> . All by feel	3	4 <u>TEMPO</u> 10K Tempo Run
5 <b>16K Long Run</b>	6	7 <u>SPEED-DURE</u> 3K + 6 X 2 Minutes Hard 4 Min EZ	8 <u>MED-LONG</u> 15K Run	9 <u>12K BUILD</u> 5K EZ - 4K RP - 3K Strong	10	11 <u>EASY</u> 40 Minute Easy Run
12 <b>Happy Easter!</b> <b>34K Long Run</b>	13	14 <u>HIIT (1:3)</u> 3K + 12 x 45 sec Hard, 2:15 EZ	15	16 <u>FARTLEKS</u> Team Fartleks 8-10K of Intervals	17 <u>TEMPO</u> 10K Tempo Run	18
19 <b>36K Long Run</b>	20	21 <u>Track Attack</u> 3K +14x <i>In &amp; Outs</i> +2K Straight HD curve EZ	22 <u>RACE PACE</u> 8K Run with middle 4K @RP	23 <u>The REID</u> 3K + 30 Min Rolling Hills + 2K cool down	24	25 <u>EASY</u> 8K Easy Run
26 <b>21K Long Run</b> <b>Half @RacePace</b>	27	28 <u>STRONG-DURE</u> 3K + 4 X 5 Minutes Hard 2 Min EZ	29 <u>MED-LONG</u> 14K Run	30 <u>The KRISTA</u> 10K Run, at RP <b>NO WATCH</b> . All by feel		
<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>						

# May 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <u>TEMPO</u> 6K Tempo Run	2
3 <b>38K Long Run</b>	4	5 <u>FLUSH-OUT</u> 10K Easy Run	6	7 <u>BUILD</u> 9K Build by 3K EZ – RP - Strong	8	9 <u>STEADY</u> 8K Steady Run
10 <b>21K Long Run</b>	11	12 <u>STEADY</u> 10K Steady Run	13 <u>RACE PACE</u> 7K Run with middle 3K @RP	14 <u>STEADY</u> 8K Steady Run + Accelerations	15	16
17 <b>14K Long Run</b>	18 <b>Victoria Day!</b>	19 <u>RACE PACE</u> 6K Run with middle 2K @RP	20	21 <u>SUPER EASY</u> 30 Minute Super EASY Run	22	23 <u>Taper Break</u> 3K Jog with 3 Accelerations
24 <b>RACE DAY!</b>	25	26	27	28	29	30
31	<b>'Never trust runners' – they're the ones that always find the bodies!</b>					

