



December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10-12K Long Run	2	3	4	5	6	7
8 12K Long Run	9	10	11	12 <u>WOO HOO!</u> <i>Opening Night 8K Run!</i>	13	14 <u>EASY</u> 30 Minute Easy Run
15 12K Long Run	16	17 <u>STEADY</u> 8-10K Steady Run	18	19 <u>SOCIAL</u> 10K Social Run	20	21 <u>EASY</u> 35 Minute Easy Run
22 14K Long 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 16K 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



Great Wall of China 2020 Marathon



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 18K Long Run	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 18K 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> 6-8K 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 20K 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> 6-8K Tempo Run
2 20K Long Run	3	4 <u>SPEED-DURE</u> 3K + 4 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 22K 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> 8-10K Tempo Run
16 16K SPECIAL RUN	17 Family Day!	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 24K 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 Chilly Half? 24K Long Run	2	3 <u>SPEED-DURE</u> 3K + 5 X 2 Minutes Hard 4 Min EZ	4 <u>FLOAT</u> Watch-Free EASY 9K	5 <u>TEMPO</u> 10 Tempo Run	6	7
8 26K Long Run	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 16K SPECIAL RUN	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 28K Long Run	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 ATB? 30K Long Run	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 NO WATCH . All by feel	3	4 <u>TEMPO</u> 10K Tempo Run
5 16K Long Run	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 Happy Easter! 33-34K Long Run	13	14 <u>HIIT (1:3)</u> 3K + 12 x 45 sec Hard, 2:15 EZ	15 <u>RACE PACE</u> 8K Run with middle 4K @RP	16 <u>FARTLEKS</u> Team Fartleks 8-10K of Intervals	17	18
19 35-36K Long Run	20	21 <u>Track Attack</u> 3K +14x <i>In & Outs</i> +2K Straight HD curve EZ	22 <u>MED-LONG</u> 14K Run	23 <u>The KRISTA</u> 10K Run, at RP NO WATCH . All by feel	24 <u>TEMPO</u> 6K Tempo Run	25
26 37-38K Long Run	27	28 <u>FLUSH-OUT</u> 10K Easy Run	29	30 <u>BUILD</u> 9K Build by 3K EZ – RP - Strong		
						
<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	2 <u>STEADY</u> 8K Steady Run	
3 21K Long Run	4	5 <u>STEADY</u> 10K Steady Run	6 <u>RACE PACE</u> 7K Run with middle 3K @RP	7 <u>STEADY</u> 8K Steady Run + Accelerations	8	9	
10 14K Long Run	11	12 <u>RACE PACE</u> 6K Run with middle 2K @RP	13	14 <u>SUPER EASY</u> 30 Minute Super EASY Run	15	16 <u>Taper Break</u> 3K Jog with 3 Accelerations	
17 RACE DAY!	18 Victoria Day!	19	20	21	22	23	
24	25	26	27	28	29	30	
31	'Never trust runners' – they're the ones that always find the bodies!						