

# 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><u><a href="mailto:Vbrown2350@gmail.com">Vbrown2350@gmail.com</a></u></p> <p><i>I will see you December 12<sup>th</sup> at 7 pm at Hiker's Haven!</i></p> |           |          |        |          |
| 10  | 11     |   |           |          |        |          |
| 17  | 18     |   |           |          |        |          |
| 24  | 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<br>8-10K Long Run | 2      | 3  | 4                      | 5   | 6      | 7  |
| 8<br>10K Long Run   | 9      | 10   | 11                     | 12 <b><u>WOO HOO!</u></b><br>Opening Night<br>8K Run! | 13     | 14 <b><u>EASY</u></b><br>30 Minute<br>Easy Run |
| 15<br>12K Long Run  | 16     | 17 <b><u>STEADY</u></b><br>8K Steady Run                               | 18                     | 19 <b><u>SOCIAL</u></b><br>8K Social Run              | 20     | 21 <b><u>EASY</u></b><br>35 Minute<br>Easy Run |
| 22<br>12K Long Run  | 23     | 24 <b><u>AM RUN</u></b><br>8K Run                                      | 25<br><b>REST DAY!</b> | 26 <b><u>SOCIAL</u></b><br>8K Social Run              | 27     | 28 <b><u>EASY</u></b><br>40 Minute<br>Easy Run |
| 29<br>12K Long Run  | 30     | 31 <b><u>1-2 PUNCH x5</u></b><br>1min HD 2 min EZ<br>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





# January 2020




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

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

# March 2020



| SUNDAY                       | MONDAY | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY                                  | SATURDAY                        |
|------------------------------|--------|---|---|---|---|---------------------------------|
| 1<br><b>20K Long Run</b>     | 2      | 3 <u>SPEED-DURE</u><br>3K + 4 X 2 Minutes<br>Hard 4 Min EZ      | 4 <u>FLOAT</u><br><i>Watch-Free</i><br><b>EASY 6K</b> | 5 <u>TEMPO</u><br>8K Tempo Run  | 6                                       | 7                               |
| 8<br><b>20K Long Run</b>     | 9      | 10 <u>HIIT (1:3)</u><br>3K + 10 x 45 sec<br>Hard, 2:15 EZ       | 11  | 12 <u>PYLONS</u><br>3 sets + after each<br>10 Jump Squats<br>30 sec ankle hops<br>30 sec skip far | 13                                      | 14 <u>TEMPO</u><br>8K Tempo Run |
| 15<br><b>16K SPECIAL RUN</b> | 16     | 17 <u>STRONG-DURE</u><br>3K + 4 X 4 Minutes<br>Hard 2 Min EZ    | 18 <u>MED-LONG</u><br>12K Run                         | 19 <u>The REID</u><br>3K + 30 Min<br>Rolling Hills + 2K<br>cool down                              | 20 <u>FLUSH OUT</u><br>6K Flush-out Run | 21                              |
| 22<br><b>22K Long Run</b>    | 23     | 24 <u>1-2 PUNCH x6</u><br>1min HD 2 min EZ<br>2 min HD 1 min EZ | 25  | 26 <u>BUILD</u><br>9K Build by 3K<br>EZ – Med - Strong  | 27 <u>EASY</u><br>6K Easy Run           | 28                              |
| 29<br><b>24K Long Run</b>    | 30     | 31 <u>FLUSH OUT</u><br>8K Flush Out the<br>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><br>8K Run, at RP <b>NO WATCH</b> . All by feel | 3      | 4 <u>TEMPO</u><br>8K Tempo Run  |
| 5<br><b>14K Long Run</b>   | 6      | 7 <u>SPEED-DURE</u><br>3K + 5 X 2 Minutes<br>Hard 4 Min EZ | 8 <u>MED-LONG</u><br>12K Run                        | 9 <u>10K BUILD</u><br>4K EZ - 3K RP -<br>3K Strong                 | 10     | 11 <u>EASY</u><br>40 Minute<br>Easy Run   |
| 12 <b>Happy Easter!</b><br><b>26K Long Run</b>   | 13     | 14 <u>FLUSH-OUT</u><br>8K Easy Run                         | 15  | 16 <u>BUILD</u><br>9K Build by 3K<br>EZ – RP - Strong              |        | 18 <u>STEADY</u><br>6K Steady Run   |
| 19<br><b>14K Long Run</b>  | 20     | 21 <u>STEADY</u><br>8K Steady Run                          | 22 <u>RACE PACE</u><br>6K Run with<br>middle 3K @RP | 23 <u>STEADY</u><br>8K Steady Run +<br>Accelerations               | 24     | 25  |
| 26<br><b>10K Long Run</b>  | 27     | 28 <u>RACE PACE</u><br>6K Run with middle<br>2K @RP        | 29  | 30 <u>SUPER EASY</u><br>30 Minute Super<br>EASY Run                |        |  |
| <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>Taper Break</u><br>3K Jog with 3 Accelerations |  |
| 3<br><b>RACE DAY!</b> | 4  | 5       | 6         | 7        | 8      | 9   |  |
| 10                    | 11   | 12      | 13        | 14       | 15     | 16  |  |
| 17                    | 18<br><b>Victoria Day!</b>   | 19      | 20        | 21       | 22     | 23  |  |
| 24                    | 25   | 26      | 27        | 28       | 29     | 30  |  |
| 31                    | <b>'Never trust runners' – they're the ones that always find the bodies!</b> |         |           |          |        |   |  |