

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 <i>REST DAY!</i>	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



Tokyo 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>BUILD</u> 9K Build by 3K EZ – RP - Strong	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>STEADY</u> 8K Steady Run + Accelerations	21	22
23 14K Long Run	24	25 <u>RACE PACE</u> 6K Run with middle 2K @RP	26	27 <u>SUPER EASY</u> 30 Minute Super EASY Run	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>						