

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>Vbrown2350@gmail.com</u></p> <p><i>I will see you December 12th at 7 pm at Hiker's Haven!</i></p> | | | | |
| 10 1 Hour TRAIL Run | 11 | | | | | |
| 17 1 Hour TRAIL Run | 18 | | | | | |
| 24 1 Hour TRAIL 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> | | | | | | |
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December 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|--------|--|------------------------|--|--------|---|
| 1 90 Minute Trail Run | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 90 Minute Trail 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 18K Long Run | 16 | 17 <u>STEADY</u> 10K Steady Trail Run | 18 | 19 <u>SOCIAL</u> 8K Social Run | 20 | 21 <u>EASY</u> 35 Minute Easy Run |
| 22 20K Long Run | 23 | 24 <u>AM RUN</u> 10K Run | 25 REST DAY! | 26 <u>OPTIONS</u> <i>10K Social Run OR Boxing Day 10-Miler</i> | 27 | 28 <u>EASY</u> 45 Minute Easy Run |
| 29 22K 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



Sulphur Springs 100K Trail Race



January 2020




| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|--------|---|--|---|--------|---|
| | | | 1 Rest Day | 2 <u>HILLS</u> 8 Hill Repeats | 3 | 4 <u>EASY</u> 16K Easy Run |
| 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>STEADY</u> 10K Steady Run |
| 12 24K 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> 10 Hills – GO! | 17 | 18 |
| 19 24K SPECIAL RUN | 20 | 21 <u>STRONG-DURE</u> 3K + 4 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 | 25 <u>STEADY</u> 18K Steady Run with STAIRS |
| 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>EASY</u> 20K Easy Run |
| 2 24K 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 12K | 6 <u>PYLONS</u> 4 sets + after each 10 Jump Squats 30 sec ankle hops 30 sec skip far | 7 | 8 <u>TEMPO</u> 16K Tempo Run with STAIRS |
| 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 |
| 16 24K SPECIAL RUN | 17 Family Day! | 18 <u>STEADY</u> 9K Steady Run in the am | 19 <u>MED-LONG</u> 14K Run | 20 <u>PYLONS</u> 4 sets + after each 10 Jump Squats 30 sec ankle hops 30 sec skip far | 21 | 22 <u>TRAIL</u> 20K Trail Run |
| 23 20K 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? Or 21K Fast 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>KERNS</u> 3 Kerns Descents | 6 | 7 <u>STEADY</u> 20K Steady Run |
| 8 24K Long Run | 9 | 10 <u>HIIT (1:3)</u> 3K + 12 x 45 sec Hard, 2:15 EZ | 11 | 12 <u>PYLONS</u> 4 sets + after each 10 Jump Squats 30 sec ankle hops 30 sec skip far | 13 <u>TEMPO</u> 7K Tempo Run | 14 |
| 15 24K 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 | 21 <u>STEADY</u> 18K Steady Run with STAIRS |
| 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> 12K Build by 4K EZ – Med - Strong | 27 | 28 <u>EASY</u> 20K Trail Run |
| 29 ATB OR 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>KERNS</u> 4 Kerns Descents | 3 | 4 <u>TRAIL</u> 14K Trail Run with HILLS |
| 5 40K Long Run | 6 | 7 <u>SPEED-DURE</u> 3K + 6 X 2 Minutes Hard 4 Min EZ | 8 <u>MED-LONG</u> 14K Run ON TRAIL if possible | 9 <u>12K BUILD</u> 5K EZ - 4K Med - 3K Strong | 10 | 11 <u>EASY</u> 30K Easy Run |
| 12 Happy Easter! 26K Long Run | 13 | 14 <u>HIIT (1:3)</u> 3K + 12 x 45 sec Hard, 2:15 EZ | 15 | 16 <u>FARTLEKS</u> Team Fartleks 10K of Intervals | 17 <u>TRAIL</u> 12K Trail Run | 18 |
| 19 24K SPECIAL RUN | 20 | 21 <u>Track Attack</u> 3K +14x <i>In & Outs</i> +2K Straight HD curve EZ | 22 <u>TRAIL</u> 10K Run with middle 4K Quick | 23 <u>The REID</u> 3K + 30 Min Rolling Hills + 2K cool down | 24 | 25 <u>EASY</u> 10K Easy Run |
| 26 40K Long Run | 27 | 28 <u>FLUSH-OUT</u> 9K Easy Run | 29 <u>MED-LONG</u> 15K Run | 30 <u>KERNS</u> 4 Kerns Descents | | |
| | | | | | |  |
| <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> | | | | | | |

Sulphur Springs 100K Trail Race

May 2020



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---------------------------|--|--|-------------------------------|--|--------|---|--|
| | | | | | 1 | 2 <u>TRAIL</u> 10K Tempo Run | |
| 3 50K Long Run | 4 | 5 <u>TRAIL</u> 10K Tempo Run (as fast as Saturday) | 6 | 7 <u>TRAIL BUILD</u> 9K Build by 3K EZ – RP - Strong | 8 | 9 <u>STEADY</u> 14K Steady Run | |
| 10 26K Long Run | 11 | 12 <u>TRAIL</u> 10K Trail Run | 13 <u>EASY</u> 7K Easy Run | 14 <u>STEADY</u> 10K Steady Run on Trail | 15 | 16 | |
| 17 14K Long Run | 18 Victoria Day! | 19 <u>EASY TRAIL</u> 45 Minute Trail Run | 20 | 21 <u>SUPER EASY</u> 30 Minute Super EASY Run | 22 | 23 RACE DAY! | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| 31 | 'Never trust runners' – they're the ones that always find the bodies! | | | | |  | |