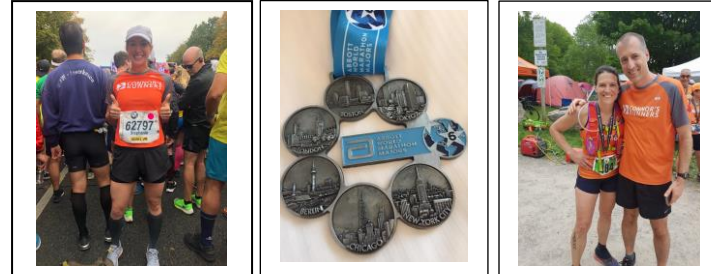
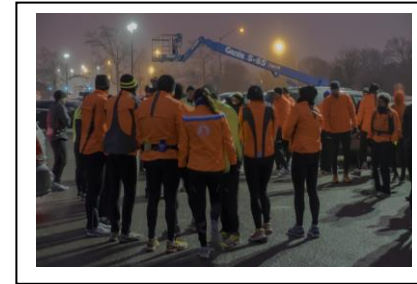


November 2019



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>						



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 16K Long Run	16	17 <u>STEADY</u> 8K Steady Run	18	19 <u>SOCIAL</u> 8K Social Run	20	21 <u>EASY</u> 35 Minute Easy Run
22 18K Long Run	23	24 <u>AM RUN</u> 8-10K 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 20K 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 50K 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> 14K 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 22K 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> 14K Steady Run
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> 16K Easy 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 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> 14K Tempo Run
9 20K 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> 6K Tempo Run	29

“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 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> 12K Steady Run
8 28K 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> 14K Steady Run
22 26K 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 <u>EASY</u> 9K Easy Run	28
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> 20K Trail Run with HILLS
5 26K 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> 18K Easy Run
12 Happy Easter! 35K 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> 3 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 50K Trail Race

May 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					1	2 <u>TRAIL</u> 10K Tempo Run	
3 34K 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> 10K Steady Run	
10 20K 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!						