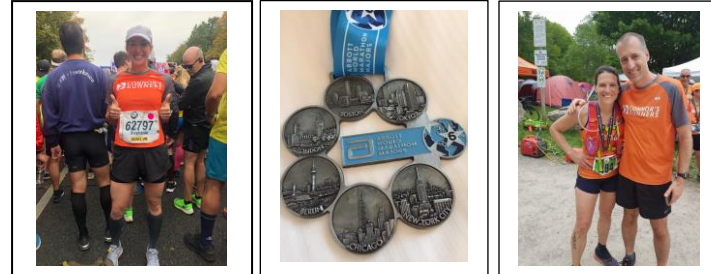


# November 2019



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 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 <b>90 Minute Trail Run</b>	2	3	4	5	6	7
8 <b>90 Minute Trail Run</b>	9	10	11	12 <b><u>WOO HOO!</u></b> <i>Opening Night 8K Run!</i>	13	14 <b><u>EASY</u></b> 30 Minute Easy Run
15 <b>18K Long Run</b>	16	17 <b><u>STEADY</u></b> 8K Steady Run	18	19 <b><u>SOCIAL</u></b> 8K Social Run	20	21 <b><u>EASY</u></b> 35 Minute Easy Run
22 <b>20K Long Run</b>	23	24 <b><u>AM RUN</u></b> 8-10K Run	25 <b>REST DAY!</b>	26 <b><u>OPTIONS</u></b> <i>10K Social Run OR Boxing Day 10-Miler</i>	27	28 <b><u>EASY</u></b> 45 Minute Easy Run
29 <b>22K Long Run</b>	30	31 <b><u>1-2 PUNCH x5</u></b> 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



Yamacraw 50K Trail Race



# January 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>Rest Day</b>	2 <u>HILLS</u> 8 Hill Repeats	3	4 <u>EASY</u> 14K Easy Run
5 <b>20K Long Run</b>	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 with STAIRS
12 <b>24K Long Run</b>	13	14 <u>HIIT (1:3)</u> 3K + 10 x 45 sec Hard, 2:15 EZ	15 <u>FLOAT</u> <b>Watch-Free</b> <b>EASY 6K</b>	16 <u>HILLS</u> 10 Hills – GO!	17	18
19 <b>24K SPECIAL RUN</b>	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
26 <b>20K Long Run</b>	27	28 <u>1-2 PUNCH x5</u> 1min HD 2 min EZ 2 min HD 1 min EZ	29 <u>FLOAT</u> <b>Watch-Free</b> <b>EASY 7K</b>	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 <b>20K Long Run</b>	3	4 <u>SPEED-DURE</u> 3K + 4 X 2 Minutes Hard 4 Min EZ	5 <u>FLOAT</u> <i>Watch-Free</i> <b>EASY 12K</b>	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 <b>20K Long Run</b>	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 <b>24K SPECIAL RUN</b>	17 <b>Family Day!</b>	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> 18K Trail Run
23 <b>30K Long Run</b>	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> 9K 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 <b>36K Long Run</b>	2	3 <u>SPEED-DURE</u> 3K + 6 X 2 Minutes Hard 4 Min EZ	4 <u>TRAIL?</u> 10K Run with middle 4K Quick	5 <u>KERNS</u> 3 Kerns Descents	6	7 <u>STEADY</u> 22K Steady Run with STAIRS
8 <b>30K Long Run</b>	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	14 <u>STEADY</u> 10K Steady Run
15 <b>40K Long Run</b>	16	17 <u>FLUSH OUT</u> 9K Easy Run	18 <u>MED-LONG</u> 15K Run	19 <u>KERNS</u> 4 Kerns Descents	20	21 <u>STEADY</u> 14K Steady Run
22 <b>20K Long Run</b>	23	24 <u>1-2 PUNCH x7</u> 1min HD 2 min EZ 2 min HD 1 min EZ	25 <u>EASY</u> 7K Easy Run	26 <u>STEADY</u> 10K Steady Run on Trail	27	28
29 ATB Relay? <b>14/15K Long Run</b>	30	31 <u>EASY TRAIL</u> 45 Minute Trail 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>SUPER EASY</u> 30 Minute Super EASY Run	3	4 <b>RACE DAY!</b>
5	6	7	8	9	10	11
12 <b>Happy Easter!</b>	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
						
<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>						