



CR's 10Kish Trail – November 2020



September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 4x	2	3 The REID Loops with 4 Hills in a 1 Hour Run	4 BUILD 9K Build by 3K EZ, Steady, Push	5	6 6-8K Long Run
7	8 Leg Speed 3K + 4 X 2 Min HD then 4 Min EZ	9	10 TEMPO 2K warm-up + 5K Tempo Run	11	12	13 8K Long Run
14	15 H.I.I.T. 3K Warm-up + 8x45s HD 2:15 EZ	16	17 SPEED 3K Warm-up + 3 X 1K FAST!	18	19	20 9K SPECIAL
21	22 ENDURE 3K + 3 X 4 Min HD then 2 Min EZ	23	24 PYLONS 6 Total Hills run in thirds/quarters	25	26	27 11K Long Run
28	29 Fartleks 6K Run of Fartleks	30				

A mind that is stretched by new experiences can never go back to its old dimensions.



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October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 TEMPO 2K warm-up + 5K Tempo Run	2 EASY 6K Easy Run	3 4 <div style="border: 1px solid black; padding: 5px; text-align: center;">12K Long Run</div>	
5	6 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 4x	7 STEADY 5K Steady Run	8 SPEED 3K Warm-up 4 X 1K FAST!	9	10 11 <div style="border: 1px solid black; padding: 5px; text-align: center;">9K Long Run</div>	
12	13 H.I.I.T 3K Warm-up + 8x45s HD 2:15 EZ	14	15 EASY 6K Easy Run	16	17 18 <div style="border: 1px solid black; padding: 5px; text-align: center;">10K Quick Long Run</div>	
19	20 FLUSH 7K Flush Out the legs Run	21	22 STEADY 8K Steady Run	23 EASY 6K Easy Run	24 25 <div style="border: 1px solid black; padding: 5px; text-align: center;">9K Long Run</div>	
26	27 BUILD 9K Build by 3K EZ, Steady, Push	28	29 Fartleks 6-7K Fartlek Run	30	31 1 <div style="border: 1px solid black; padding: 5px; text-align: center;">6K Long Run</div>	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3 STEADY 7K Steady Run	4 EASY 6K Easy Run	5	6 EASY 3K Easy with Accelerations	7	8 CR's 10K ish Trail Run!
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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