

10km Distance

| <b>OCTOBER 2020</b> |  |                |   |                 |               |   |
|---------------------|--|----------------|---|-----------------|---------------|---|
| <b>Sunday</b>       | <b>Monday</b>  | <b>Tuesday</b> | <b>Wednesday</b>  | <b>Thursday</b> | <b>Friday</b> | <b>Saturday</b>                         |
| 27                  | 28   | 29             | 30  | 1               | 2             | 3                                       |
| 4                   | 5  | 6              | 7   | 8               | 9             | 10                                      |
| 11                  | 12   | 13             | 14<br><b>Opening Night!</b><br>Easy 4km                                       | 15              | 16            | 17<br><b>TIME TRIAL</b><br>5KM Long Run |
| 18                  | 19<br><b>Shake Out</b><br>Easy 40 minutes            | 20             | 21<br><b>Hill Repeats</b><br>3KM warm up<br>4x hill walk/run<br>1KM warm down | 22              | 23            | 24<br>6KM Long Run                      |
| 25                  | 26<br><b>Tempo Run</b><br>1KM Warm up<br>4KM @ Tempo | 27             | 28<br><b>Intervals</b><br>800M warm up<br>3x 800M<br>3x 400M<br>4x 200M       | 29              | 30            | 31<br>7KM Long Run<br>Spooky Run        |

# NOVEMBER 2020

| Sunday | Monday  | Tuesday | Wednesday  | Thursday | Friday | Saturday               |
|--------|---|---------|--|----------|--------|------------------------|
| 1      | <b>2</b><br><b>Go The Distance</b><br>40 min for distance                             | 3       | <b>4</b><br><b>Hills</b><br>1KM warm up<br>4x Hill run/walk<br>1KM warm down   | 5        | 6      | 7<br><br>8KM Long Run  |
| 8      | <b>9</b><br><b>Tempo Run</b><br>1KM Warm up<br>4KM @ Tempo                            | 10      | <b>11</b><br><b>7KM Build</b><br>2KM EZ<br>2KM MED<br>2KM HARD<br>1KM EZ       | 12       | 13     | 14<br><br>6KM Long Run |
| 15     | <b>16</b><br><b>Steady</b><br>7KM   | 17      | <b>18</b><br><b>Hills</b><br>1KM warm up<br>4x Hill run/walk<br>1KM warm down  | 19       | 20     | 21<br><br>9KM Long Run |
| 22     | <b>23</b><br><b>Hills</b><br>1KM warm up<br>4x Hill run/walk<br>1KM warm down         | 24      | <b>25</b><br><b>Intervals</b><br>800M warm up<br>3x 800M<br>3x 400M<br>4x 200M | 26       | 27     | 28<br><br>9KM Long Run |
| 29     | <b>30</b><br><b>Push Run</b><br>5min W/Up<br>10min run/2min<br>walk x3<br>5min W/Down | 1       | 2  | 3        | 4      | 5                      |

# DECEMBER 2020

| Sunday | Monday                       | Tuesday | Wednesday  | Thursday | Friday                  | Saturday                           |
|--------|------------------------------|---------|--|----------|-------------------------|------------------------------------|
| 29     | 30                           | 1       | 2<br><b>Intervals</b><br>2KM warm up<br>1H-1E, 2H-2E x3<br>1KM warm down | 3        | 4                       | 5<br>10KM Long Run                 |
| 6      | 7<br><b>Race Pace</b><br>6KM | 8       | 9<br><b>Easy Run</b><br>7KM  | 10       | 11                      | 12<br>8KM Long Run                 |
| 13     | 14<br><b>Easy Run</b><br>6KM | 15      | 16<br><b>Shake Out</b><br>4KM Easy                                       | 17       | 18                      | 19<br><b>Time Trial!!!</b><br>10KM |
| 20     | 21                           | 22      | 23   | 24       | 25<br><br>Christmas     | 26                                 |
| 27     | 28                           | 29      | 30   | 31       | 1<br><br>New Year's Day | 2                                  |

