

5km Distance

OCTOBER 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14 Opening Night! 2.5KM	15	16	17 TIME TRIAL 3KM Long Run
18	19 Shake out Easy 20 minutes	20	21 Hill Repeats 1KM warm up 2x hill walk/run 1KM warm down	22	23	24 3KM Long Run
25	26 Tempo 5 Min warm up 5 Min Hard x3 5 Min warm dwn	27	28 Intervals 400M warm up 1x 800M 2x 400M 2x 200M	29	30	31 3.5KM Long Run Spooky Run

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Go The Distance 25 min for distance	3	4 Hills 1KM warm up 2x Hill walk/run 1KM warm down	5	6	7 3KM Long Run
8	9 Tempo 5 Min warm up 7 Min Hard x3 5 Min warm dwn	10	11 4KM Build 1KM EZ/1m rest 1KM MED/2m rest 1KM HARD/3m rest 1KM EZ	12	13	14 4KM Long Run
15	16 Steady 3KM	17	18 Hills 1KM warm up 3x Hill walk/run 1KM warm down	19	20	21 4KM Long Run
22	23 Shake Out 3KM	24	25 Intervals 400M warm up 1x 800M 2x 400M 2x 200M	26	27	28 5KM Long Run
29	30 Push Run 5min warm up 7 min run, 2 min walk x 3 5min warm dwn.	1	2	3	4	5

DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 Intervals 1KM warm up 1R-1W, 2R-2Wx3 1KM warm down	3	4	5 5KM Long Run
6	7 Race Pace 3KM	8	9 Easy Run 4KM	10	11	12 4KM Long Run
13	14 Easy Run 4KM	15	16 Shake Out 3KM Easy Pace	17	18	19 Time Trial!! 5KM Long Run
20	21	22	23	24	25 Christmas	26
27	28	29	30	31	1 New Year's Day	2