

2021 March 10K Run

January 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 6K Long Run	28	29 STEADY 5K Steady Run	30	31 EASY 5K Farewell to 2020 Run	1 EASY 5K AM Resolution RUN	2
3 7K Long Run	4	5 BUILD 6K Build EZ, Med, Strong	6 FLOAT 5K "Feel the Float" Run	7 HILLS 5 Hill Repeats	8	9
10 8K Long Run	11	12 1-2Punchx4 1min HD 2min EZ 2min HD 1 min EZ	13	14 PYLONS 2 Sets	15	16 TEMPO 5K Tempo Run
17 9K Long Run	18	19 H.I.I.T. 3K + 6x45s HD Then 2:15 EZ	20 FLOAT 5K "Feel the Float" Run	21 HILLS 6 Hill Repeats	22	23
24 9K Special	25	26 Pyramid 1-2-3-3-2-1 Min HD then EZ	27	28 PYLONS 3 Sets	29	30 TEMPO 5K Tempo Run
31 10K Long Run	CHALLENGE = OPPORTUNITY					

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February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 1-2Punchx5 1min HD 2min EZ 2min HD 1 min EZ	3 FLOAT 5K "Feel the Float" Run	4 The REID 2K + 20Min Hills + 2K cool down	5	6
7 11K Long Run	8	9 SHintervals 3k+ 4 x 2min HD 4 min EZ	10	11 BUILD 9K Build by 3K	12	13 TEMPO 5K Tempo Run
14 12-14K Long Run	15	16 Lintervals 3k+ 3 x 4min HD 2 min EZ	17 FLOAT 5K "Feel the Float" Run	18 HILLS 6 Hill Repeats	19	20
21 9K Long Run	22	23 H.I.I.T 3K + 6x45s HD Then 2:15 EZ	24	25 TEMPO 5K Tempo Run	26	27
28 6K Long Run						
<p>Stop doubting yourself, making excuses, and talking yourself out of it....just Shut up and RUN!</p>						

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 EASY 6K Easy Run	3	4 EASY 5K Super Easy	5	6 BURSTS 3K Run with 6 speed bursts
7 10K RACE DAY!	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

