

2021 March 1/2 Marathon

January 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 10K Long Run	28	29 STEADY 8K Steady Run	30	31 EASY 8K Farewell to 2020 Run	1 EASY 6-10K AM Resolution RUN	2
3 12K Long Run	4	5 BUILD 9K Build EZ, Med, Strong	6 FLOAT 6K "Feel the Float" Run	7 HILLS 7 Hill Repeats	8	9
10 14K Long Run	11	12 1-2Punchx5 1min HD 2min EZ 2min HD 1 min EZ	13	14 PYLONS 3 Sets	15	16 TEMPO 5K Tempo Run
17 16K Long Run	18	19 H.I.I.T. 3K + 8x45s HD Then 2:15 EZ	20 FLOAT 6K "Feel the Float" Run	21 HILLS 8 Hill Repeats	22	23
24 16K Special	25	26 Pyramid 1-2-3-4-3-2-1 Min HD then EZ	27	28 PYLONS 3 Sets	29	30 TEMPO 7K Tempo Run
31 18K Long Run	CHALLENGE = OPPORTUNITY					

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February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 1-2Punchx6 1min HD 2min EZ 2min HD 1 min EZ	3 FLOAT 6K "Feel the Float" Run	4 The REID 3K + 30Min Hills + 2K cool down	5	6
7 21K Long Run	8	9 SHintervals 3k+ 6 x 2min HD 4 min EZ	10	11 BUILD 9K Build by 3K	12	13 TEMPO 8K Tempo Run
14 24K Long Run	15	16 Lintervals 3k+ 5 x 4min HD 2 min EZ	17 FLOAT 6K "Feel the Float" Run	18 HILLS 8 Hill Repeats	19	20
21 16K Long Run	22	23 H.I.I.T 3K + 8x45s HD Then 2:15 EZ	24	25 TEMPO 8K Tempo Run	26	27
28 10K Long Run						
<p>Stop doubting yourself, making excuses, and talking yourself out of it....just Shut up and RUN!</p>						

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March 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 EASY 8K Easy Run	3	4 EASY 6K Super Easy	5	6 BURSTS 3K Run with 8 speed bursts
7 HALF MARATHON 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			

