

2021 January



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 Opening Night! 4km	21	22	23 Time Trial 5KM	24
25 Shake Out (Easy) 4KM	26	27 Hill Repeats M Warm up 4x Hill	28	29	30 Long Run 6KM	31
		Notes : Focus and Determination will be determining factors in success. While each run may not feel great, it is the accumulation of miles under your feet and dedication to getting each run in that will provide you with the most success possible.				

1

2

2021 February



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	1 Tempo Run 1KM Warm up 4KM Tempo	2	3 Intervals 800m warm up 2x800m, 3x400m, 4x200m	4	5	6 Long Run 7KM	7
4	8 Go the Distance 40 Min Run	9	10 Hill Repeats M Warm up 4x Hill	11	12	13 Long Run 8KM	14
5	15 Tempo Run 1KM Warm up 5KM Tempo	16	17 Build 2KM EZ 2KM Med M HARD 1KM EZ	18	19	20 Long Run 6KM	21
6	22 Steady & Relaxed 7KM	23	24 Hill Repeats M Warm up 5x Hill	25	26	27 Long Run 9KM	28
			Notes : This month is where the magic happens. Hard speed workouts combined with longer distance workouts provide you with an opportunity to get a ton of strength and improve your distance!				

2021 March



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Steady & Relaxed 7 or 8 KM	2	3 Intervals 800m warm up 2x800m, 3x400m, 4x200m	4	5	6 Long Run 10KM	7 Bonus 3KM Easy
8 Tempo Run 1KM Warm up 5KM Tempo	9	10 Hill Repeats 1KM Warm up 5x Hill	11	12	13 Long Run 10KM	14
15 Shake 1-2 GO 10 Min warm up 1M Hrd-1M EZ. 2M Hrd-2M EZ x 5	16	17 Build 1KM EZ 2KM Med 1M HARD 1KM EZ	18	19	20 Long Run 7KM	21
22 Shake Out (Easy) 6KM	23	24 Shake Out 5KM Easy	25	26	27 Time Trial: 10KM	28
29	30	31				
		Notes : Taper Week Reflection: Focus on the positive aspects of the last 10 weeks. What have you accomplished, what have you done to better yourself. Taper Week Nutrition: Focus on Hydration throughout the week, increasing your carbohydrates a little bit and continuing to fuel your body for movement.				