

# 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 <b>Opening Night!</b> 7km	21	22	23 <b>Time Trial:</b> 10KM	24
25 <b>Shake Out (Easy)</b> 5KM	26	27 <b>Hill Repeats</b> M Warm up 5x Hill	28	29	30 <b>Long Run</b> 8KM	31
		<b>Notes :</b> 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, time spent pushing yourself past your comfort zone and dedication to getting each run in that will provide you with the most success possible.				

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2

# 2021 February



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> <b>Tempo Run</b> 2KM Warm up 5KM Tempo	<b>2</b>	<b>3</b> <b>Sprints</b> 800m warm up 2x800m, 4x400m, 4x200m	<b>4</b>	<b>5</b>	<b>6</b> <b>Long Run</b> 9KM	<b>7</b>
<b>8</b> <b>Watchless</b> 8KM by Feel	<b>9</b>	<b>10</b> <b>Hill Repeats</b> M Warm up 6x Hill	<b>11</b>	<b>12</b>	<b>13</b> <b>Long Run</b> 11KM	<b>14</b> <b>Bonus</b> 5KM Hard Effort
<b>15</b> <b>Race Pace</b> 1KM Warm up 5KM Race Pace	<b>16</b>	<b>17</b> <b>Build</b> 2KM EZ 2KM Med M HARD 2KM EZ	<b>18</b>	<b>19</b>	<b>20</b> <b>Long Run</b> 10KM	<b>21</b>
<b>22</b> <b>Steady &amp; Relaxed</b> 8KM	<b>23</b>	<b>24</b> <b>Hill Repeats</b> M Warm up 6x Hill	<b>25</b>	<b>26</b>	<b>27</b> <b>Long Run</b> 11KM	<b>28</b>
		<b>Notes :</b> 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 speed!				

# 2021 March



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