

# 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> 4KM	21	22	23 <b>Time Trail</b> 3KM for time	24
25 <b>Shake Out (Easy)</b> 2.5KM	26	27 <b>Hill Repeats</b> M Warm up 3x Hill	28	29	30 <b>Long Run</b> 3KM	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 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
<b>1</b> <b>Tempo Run</b> 5 Min Warm up 3x5 Min Tempo 5 Min warm down	<b>2</b>	<b>3</b> <b>Intervals</b> 400m warm up 1x800m, 2x400m, 2x200m	<b>4</b>	<b>5</b>	<b>6</b> <b>Long Run</b> 3.5KM	<b>7</b>
<b>8</b> <b>Go the Distance</b> 25 Min run	<b>9</b>	<b>10</b> <b>Hill Repeats</b> M Warm up 3x Hill	<b>11</b>	<b>12</b>	<b>13</b> <b>Long Run</b> 3.5KM	<b>14</b>
<b>15</b> <b>Tempo Run</b> 5 Min Warm up 3x7 Min Tempo 5 Min warm down	<b>16</b>	<b>17</b> <b>Build</b> 1KM EZ 1KM Med M HARD 1KM EZ	<b>18</b>	<b>19</b>	<b>20</b> <b>Long Run</b> 4KM	<b>21</b>
<b>22</b> <b>Steady &amp; Relaxed</b> 3KM	<b>23</b>	<b>24</b> <b>Hill Repeats</b> M Warm up 4x Hill	<b>25</b>	<b>26</b>	<b>27</b> <b>Long Run</b> 4.5KM	<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 distance!				

# 2021 March



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <b>Steady &amp; Relaxed</b> 4KM	2	3 <b>Intervals</b> 800m warm up 1x800m, 2x400m, 2x200m	4	5	6 <b>Long Run</b> 5KM	7
8 <b>Tempo Run</b> 5 Min Warm up 3x7 Min Tempo 5 Min warm down	9	10 <b>Hill Repeats</b> 5 Min Warm up 4x Hill	11	12	13 <b>Long Run</b> 5KM	14
15 <b>Speed 1-2 GO</b> 5 Min warm up 1M Hrd-1M EZ. 2M Hrd-2M EZ x 4	16	17 <b>Build</b> 1KM EZ 1KM Med 1M HARD 1KM EZ	18	19	20 <b>Long Run (TAPER)</b> 4KM	21
22 <b>Shake Out (Easy)</b> 4KM	23	24 <b>Shake Out</b> 3KM Easy	25	26	27 <b>Time Trial</b> 5KM	28
29	30	31				
		<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>Nutrition:</b> Focus on Hydration throughout the week, increasing your carbohydrates a little bit and continuing to fuel your body for movement.</p> <p style="text-align: right;"><b>Taper Week</b></p>				