

# 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<br><b>Opening Night!</b><br>4km   | 21       | 22     | 23<br><b>Time Trial</b><br>5KM | 24     |
| 25<br><b>Shake Out (Easy)</b><br>4KM | 26      | 27<br><b>Hill Repeats</b><br>M Warm up<br>4x Hill  | 28       | 29     | 30<br><b>Long Run</b><br>5KM   | 31     |
|                                      |         | <b>Notes :</b><br>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. |          |        |                                |        |

1

2

# 2021 February



|   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday    | Saturday                            | Sunday                                       |
|---|---|-----------|--|-----------|-----------|-------------------------------------|--|
| 3 | <b>1</b><br><b>Tempo Run</b><br>1KM Warm up<br>3KM Tempo      | <b>2</b>  | <b>3</b><br><b>Sprints</b><br>800m warm up<br>2x800m, 2x400m,<br>4x200m  | <b>4</b>  | <b>5</b>  | <b>6</b><br><b>Long Run</b><br>5KM  | <b>7</b>                                     |
| 4 | <b>8</b><br><b>Watchless</b><br>5KM by Feel                   | <b>9</b>  | <b>10</b><br><b>Hill Repeats</b><br>1M Warm up<br>4x Hill  | <b>11</b> | <b>12</b> | <b>13</b><br><b>Long Run</b><br>6KM | <b>14</b><br><b>Bonus</b><br>3KM Hard Effort |
| 5 | <b>15</b><br><b>Race Pace</b><br>1KM Warm up<br>3KM Race Pace | <b>16</b> | <b>17</b><br><b>Build</b><br>2KM EZ<br>2KM Med<br>1M HARD<br>1KM EZ  | <b>18</b> | <b>19</b> | <b>20</b><br><b>Long Run</b><br>5KM | <b>21</b>                                    |
| 6 | <b>22</b><br><b>Steady &amp; Relaxed</b><br>5KM               | <b>23</b> | <b>24</b><br><b>Hill Repeats</b><br>1M Warm up<br>5x Hill  | <b>25</b> | <b>26</b> | <b>27</b><br><b>Long Run</b><br>7KM | <b>28</b>                                    |
|   |   |           | <b>Notes :</b><br>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><br><b>Race Pace</b><br>1KM Warm up<br>4KM Race Pace                          | <b>2</b>  | <b>3</b><br><b>Sprints</b><br>800m warm up<br>2x800m, 2x400m,<br>4x200m   | <b>4</b>  | <b>5</b>                              | <b>6</b><br><b>Long Run</b><br>6KM          | <b>7</b><br><b>Bonus</b><br>3KM Hard Effort |
| <b>8</b><br><b>Tempo Run</b><br>1KM Warm up<br>4KM Tempo                              | <b>9</b>  | <b>10</b><br><b>Hill Repeats</b><br>1M Warm up<br>5x Hill   | <b>11</b> | <b>12</b>                             | <b>13</b><br><b>Long Run</b><br>7KM         | <b>14</b>                                   |
| <b>15</b><br><b>The 1-2 GO</b><br>10 Min warm up<br>1M Hrd-1M EZ.<br>2M Hrd-2M EZ x 4 | <b>16</b> | <b>17</b><br><b>Build</b><br>1KM EZ<br>2KM Med<br>1M HARD<br>1KM EZ   | <b>18</b> | <b>19</b>                             | <b>20</b><br><b>Long Run (TAPER)</b><br>4KM | <b>21</b>                                   |
| <b>22</b><br><b>Shake Out (Easy)</b><br>4KM   | <b>23</b> | <b>24</b><br><b>Shake Out</b><br>4KM Easy<br>w/accelerations  | <b>25</b> | <b>26</b><br><b>Bonus</b><br>3KM Easy | <b>27</b><br><b>Time Trial</b><br>5KM       | <b>28</b>                                   |
| <b>29</b>   | <b>30</b> | <b>31</b>   |           |                                       |   |   |
|   |           | Notes :<br><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.<br><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. |           |                                       |   |   |