

OCTOBER 2022

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
2		3		4		5		6		7		8	
9	December	10	Facility (Control of Control of C	11	Face	12	Recovery	13	Тетро	14	Pagazari	15	Long Run
9	Recovery	10	Easy	11	Easy	12	Recovery	13	Tempo	14	Recovery	15	Long Kun
35 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace + 6 x 100 meter Striders		Recovery 30 minutes easy pace		10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		9 miles or 90 minute 6 x 100 meter Strider	
L6	Recovery	17	Easy	18	Intervals	19	Recovery	20	Fartlek	21	Recovery	22	Long Run
30 minutes easy pace		35 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		25 minutes easy nace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		30 minutes easy pace		10 miles or 2 hours 6 x 100 meter Strider	
:3	Recovery	24	Easy	25	Intervals	26	Recovery	27	Fartlek	28	Recovery	29	Long Run
30 minutes easy pace		35 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		30 minutes easy nace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		30 minutes easy pace		10 miles or 2 hours 6 x 100 meter Stride	
30	Recovery or rest	31	Easy										
30	minutes easy pace		minutes easy pace 3 x 100M Striders										

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NOVEMBER 2022

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	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	Saturday		
				1	Intervals	2	Recovery	3	Tempo	4	Recovery	5	Long Run	
				10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		30 minutes easy pace		10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		10 miles or 2 hours + 6 x 100 meter Strider		
6	Recovery or rest	7	Easy	8	Intervals	9	Recovery	10	Long Intervals	11	Recovery	12	Long Run	
30 minutes easy pace		40 minutes easy pace 8 x 100M Striders		10 minutes easy run 2 x 200 meter (3 minute jog between each) 4 x 400 meter (3 minute jog between each) 4 x 800 meter (5 minute jog between each) 10 minute easy run		35 minutes easy pace		15 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		30 minutes easy pace		9 miles or 90 minutes 6 x 100 meter Striders		
13	Recovery	14	Easy	15	Easy	16	Recovery	17	Tempo	18	Recovery	19	Long Run	
35 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace + 6 x 100 meter Striders		Recovery 30 minutes easy pace		10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		9 miles or 90 minutes 6 x 100 meter Striders		
20	Recovery	21	Easy	22	Intervals	23	Recovery	24	Fartlek	25	Recovery	26	Long Run	
30 minutes easy pace			minutes easy pace 100 meter Striders	10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		30	minutes easy pace	10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		30	minutes easy pace		10 miles or 2 hours + 6 x 100 meter Strider	
27	Recovery or rest	28	Easy	29	Intervals	30	Recovery							
30 minutes easy pace		40 minutes easy pace 8 x 100M Striders		10 minutes easy run 2 x 200 meter (3 minute jog between each) 4 x 400 meter (3 minute jog between each) 4 x 800 meter (5 minute jog between each) 10 minute easy run		40 minutes easy pace								

DECEMBER 2022

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	Sunday		Monday	Tuesday			Wednesday	Thursday			Friday	Saturday		
						1	Recovery	1	Fartlek	2	Recovery	3	Long Run	
							30 minutes easy pace		Fartlek 10 minutes easy + 10 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		e 30 minutes easy pace		12 miles or 140 minutes + 6 x 100 meter Striders	
4	Recovery	5	Easy	6	Intervals	7	Recovery	8	Long Intervals	9	Recovery	10	Long Run	
25	25 minutes easy pace		40 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 8 x 400 meter 3 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		15 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		35-40 minutes easy pace		13 or 140 minutes + 6 x 100 meter Striders	
11	Recovery	12	Easy	13	Intervals	14	Recovery	15	Long Intervals	16	Recovery	17	Long Run	
30	30 minutes easy pace		35 minutes easy pace + 8 x 100 meter Striders		15 minutes easy run 10 x 400 meter 3 minutes jog/rest between each repetition 15 minutes easy run		25 minutes easy pace		15 minutes easy run 4 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		20-25 minutes easy pace		13 miles or 120 minutes + 6 x 100 meter Striders	
18	Recovery	19	Easy	20	Intervals	21	Recovery	22	Tempo	23	Recovery or rest	24	Long Run	
25-3	25-30 minutes easy pace		40 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 1KM 4 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		5 minutes easy + 25 minutes tempo pace + 5 minutes easy 8 x 100 meter Striders		25 minutes easy pace		14 miles+ 6 x 100 meter Striders	
25	Recovery	26	Easy	27	Intervals	28	Recovery	29	Тетро	30	Recovery or rest	31	Long Run	
30	30 minutes easy pace		Recovery 1000 meter x 1 45 minutes easy pace + 800 meter x 1 10 x 100 meter Striders 400 meter x 2 200 meter x 2 Rest between each in		minutes easy pace 1200 meter x 1 1000 meter x 1 800 meter x 1 400 meter x 2 200 meter x 2 etween each interval minutes easy pace	30 minutes easy pace		5 minutes easy pace 30 minutes tempo pace 5 minutes easy pace 10 x 100 meter Striders		25 minutes easy pace		6	16 miles s x 100 meter Striders	

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JANUARY 2023

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Recovery	2	Easy	3	Intervals	4	Recovery	5	Fartlek	6	Recovery	7	Long Run	
30 minutes easy pace		50 minutes easy pace 10 x 100 meter Striders		12 x 400 meter 3 minutes jog/rest between each repetition 4 x 200 meter 2 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		5 minutes easy 12 x 90 seconds hard effort, 2- minute easy jog between each 5 minutes easy 10 x 100 meter Striders		25 minutes easy pace		18 miles + 8 x 100 meter Striders		
8	Recovery	9	Easy	10	Intervals	11	Recovery	12	Intervals	13	Recovery	14	Long Run	
2	5 minutes easy pace		minutes easy pace + x 100 meter Striders) minutes easy pace x 100 meter Striders	3(D minutes easy pace	6 x 1KN 4 minut	0 minutes easy run 1 (progressively get faster with each rep) es jog/rest between each repetition 0 minutes easy run		25 minutes easy pace	6	22 miles x 100 meter Striders	
15	Recovery	16	Easy	17	Intervals	18	Recovery	19	Tempo	20	Recovery or Rest	21	Long Run	
30.	30-40 minutes easy pace		60 minutes easy pace 12 x 100 meter Striders		20 minutes easy pace 1 x 1 Mile, rest the total time it took you to complete mile 2 x 800 meter, rest/jog 4 min between each rep 2 x 400 meter, rest/jog 4 min between each rep 4 x 200 meter, rest/jog 2 min between each rep 20 minutes easy jog		h 25 minutes easy pace		30 minutes at Tempo Pace 12 x 100 meter Striders 10 minutes easy pace		50 minutes easy pace		12 miles 6 x 100 meter Striders	
22	Recovery	23	Easy	24	Intervals	25	Recovery	26	Tempo	27	Recovery or Rest Virtual Event Begins	28	Race Day	
3	0 minutes easy pace		minutes easy pace + x 100 meter Striders	6 x 1 rest/jog	ninutes medium pace mile (at goal race pace) 3-6 minutes between reps 5 minutes easy jog	30	O minutes easy pace	10 m	0 minutes easy pace ninutes at Tempo Pace 0 minutes easy pace x 100 meter Striders	7	25 minutes easy pace		LIFETIME TROPTCAL 5K	
29	Race Day													
	LIFETIME													

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