

October 2023

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
M	LIFETIME 1 A M 1 KTDS RUN		LIFETIME I A M I RATHON AND HALF										
		9	Easy	10	Intervals	11	Recovery	12	Long Intervals	13	Recovery	14	Free Activity
			minutes easy pace 100-meter Striders	2 x 400	ninutes easy pace meters (or 2 minutes) tes rest between each rep	5	minutes easy pace	3 minu	minutes easy pace 2 x 800 meters utes rest between each rep minutes easy pace	8 1	minutes easy pace		ay a game outdoors or un with y our family
5	Rest	16	Easy	17	Intervals	18	Recovery	19	Long Intervals	20	Recovery	21	Free Activity
		5 minutes easy pace 4 x 100-meter Striders		6 minutes easy pace 3 x 400 meters (or 2 minutes) 3 minutes rest between each rep 6 minutes easy pace		5 minutes easy pace		5 minutes easy pace 2 x 800 meters 3 minutes rest between each rep 5 minutes easy pace		8 minutes easy pace		Play a game outdoo or Run with yourfamil	
2	Rest	23	Easy	24	Intervals	25	Recovery	26	Tempo	27	Recovery	28	Free Activity
		5 minutes easy pace 5 x 100-meter Striders						5 minutes easy pace 3 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders		10	minutes easy pace	Play a game outdoo or Run with y our famil	
9	Rest	30	Easy	31	Intervals								
			ninutes easy pace + 100-meter Striders	3 minu 2 minu	ninutes easy pace 1 x 800 meters utes between each rep 2 x 400 meters utes between each rep ninutes easy pace								

November 2023

	Sunday		Monday		Tuesday		Wednesday	Thursday			Friday	Saturday	
						1	Recovery	2	Long Intervals	3	Recovery	4	Free Activity
						8 minutes easy pace		5 minutes easy pace 2 x 800 meters 3 minutes rest between each rep 5 minutes easy pace		10 minutes easy pace		Play a game outdoors or Run with yourfamily	
5	Rest	6	Easy	7	Intervals	8	Recovery	9	Long Intervals	10	Recovery	11	Free Activity
			minutes easy pace t 100-meter Striders	2 x 400 3 minu	ninutes easy pace meters (or 2 minutes) tes rest between each rep ninutes easy pace	8	minutes easy pace	3 minut	minutes easy pace 2 x 800 meters es rest between each rep minutes easy pace	1	0 minutes easy pace		ay a game outdoors or un with y our family
12	Rest	13	Easy	14	Intervals	15	Recovery	16	Long Intervals	17	Recovery	18	Free Activity
			ninutes easy pace + 100-meter Striders	3 x 400 3 minu	ninutes easy pace) meter (or 2 minutes) tes rest between each rep ninutes easy pace	10	minutes easy pace	least ha	5 minutes easy run 2 x 1 mile etween each repetition should be at Iffthe time it took you to complete 1 x 800 meters etween each repetition should be at the time it took you to complete 5 minutes easy run	10 minutes easy pace			ay a game outdoors or un with y our family
19	Rest	20	Easy	21	Intervals	22	Recovery	23	Tempo	24	Recovery	25	Free Activity
		8 minutes easy pace + 5 x 100-meter Striders		6 minutes easy run 3 x 1KM 4 minutes jog/rest between each rep 6 minutes easy run		10 minutes easy pace		5 minutes easy pace 5 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders		10 minutes easy pace		Play a game outdoors or Run with y our family	
26	Rest	27	Easy	28	Intervals	29	Recovery	30	Tempo				
			ninutes easy pace + x 100-meter Striders	3 minut	minutes easy pace 1 x 800 meters es rest between each rep 2 x 400 meters 2 x 200 meters es rest between each rep minutes easy pace	10	minutes easy pace	5	minutes easy pace minutes tempo pace minutes easy pace x 100-meter Striders		LIFETIME LIFETIME KTDS RUN	_	LIFETIME 1

December 2023

Sunday		Monday		y Tuesday		Wednesday		Thursday			Friday	Saturday	
										1	Recovery	2	Free Activity
	LIFETIME 1 A M I KTDS RUN		LIFETIME I A M I RATHON AND HALF							1:	2 minutes easy pace		ay a game outdoors or un with your family
}	Rest	4	Easy	5	Intervals	6	Recovery	7	Long Intervals	8	Recovery	9	Free Activity
			minutes easy pace 100-meter Striders	2 x 400 3 minu	ninutes easy pace meters (or 2 minutes) tes rest between each rep ninutes easy pace	10	minutes easy pace	3 minu	minutes easy pace 2 x 800 meters es rest between each rep minutes easy pace	1:	2 minutes easy pace		ay a game outdoors or un with y our family
0	Rest	11	Easy	12	Intervals	13	Recovery	14	Long Intervals	15	Recovery	16	Free Activity
		10 minutes easy pace + 4 x 100-meter Striders		6 minutes easy pace 3 x 400 meters (or 2 minutes) 3 minutes rest between each rep 6 minutes easy pace				5 minutes easy pace 3 x 400 meters 3 minutes rest 1 x 800 meters 3 minutes rest 5 minutes easy pace		12 minutes easy pace		Play a game outdoor or Run with y our family	
7	Rest	18	Easy	19	Intervals	20	Recovery	21	Tempo	22	Recovery	23	Free Activity
	11 minutes easy pace 5 x 100-meter Striders		6 minutes easy pace 2 x 800 meters 4 minutes jog/rest between each rep 6 minutes easy run		11 minutes easy pace		7 minutes easy pace 5 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders		1:	2 minutes easy pace	Play a game outdoor or Run with your family		
24	Rest	25	Easy	26	Intervals	27	Recovery	28	Tempo	29	Recovery	30	Free Activity
		11 minutes easy pace 5 x 100-meter Striders		3 minut	minutes easy pace 1 x 800 meters es rest between each rep 2 x 400 meters 2 x 200 meters es rest between each rep minutes easy pace	11	minutes easy pace	7 5	minutes easy pace minutes tempo pace minutes easy pace x 100-meter Striders	1:	2 minutes easy pace		Play a game outdoors or Run with your family

January 2024

	Sunday	Monday		Tuesday		Wednesday		Thursday			Friday	Saturday		
		1	Easy	2	Intervals	3	Recovery	4	Fartlek	5	Recovery	6	Free Activity	
			? minutes easy pace x 100-meter Striders	2 minut	3 x 400 meters es jog/rest between each 2 x 200 meters es jog/rest between each minutes easy pace	1:	2 minutes easy pace	med	10 minutes easy pace inutes, 2 minutes brisk walk or ium/easy jog between each 5 x 100-meter Striders		12 minutes easy pace		Play a game outdoors or Run with your family	
7	Rest	8	Easy	9	Intervals	10	Recovery	11	Intervals	12	Recovery	13	Free Activity	
			? minutes easy pace x 100-meter Striders		minutes easy pace x 100-meter Sprints	1:	2 minutes easy pace	faster	5 minutes easy pace 00 meters (progressively get with each rep, faster than goal pace) tes jog/rest between each rep 5 minutes easy run		12 minutes easy pace		Play a game outdoors or Run with your family	
14	Rest	15	Easy	16	Intervals	17	Recovery	18	Tempo	19	Recovery	20	Free Activity	
			minutes easy pace + x 100-meter Striders	1 x 80 1 x 40 2 x 20	minutes easy pace 0 meters, rest/jog 4 min between each 0 meters, rest/jog 4 min between each 0 meters, rest/jog 4 min between each 0 meters, rest/jog 2 min between each rep 5 min easy pace	1:	5 minutes easy pace		5 minutes easy pace 8 minutes tempo pace 5 minutes medium pace 6 x 100-meter Sprints		16 minutes easy pace		Play a game outdoors or Run with your family	
21	Rest	22	Easy	23	Intervals	24	Easy	25	Rest	26	Easy	27	Rest	
			5 minutes easy pace x 100-meter Striders		minutes medium pace 1 x 400 meters -minute easy pace	1:	5 minutes easy pace		Play a game outdoors or is minutes easy pace/walk		10 minutes easy pace	Rest ι	p, it's RACE DAY tomorrow	
28	Race Day!													
	LIFETIME KÎDS RUN													