

2020

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
24	25	26	27	28	29	01	
02 41	03 42	04 43	05 44	06 45	07	08	
09 46	10 47	11 48	12 49	13 50	14	15	
16 51 1 Mi WU Strides, CARL 30-35 Min, 20 Min CD, Drills	17 52 1 Mi WU, Strides, 45-60 Min, Strides, SAM	18 53 1 Mi WU, Stides, 2 sets (2x800 3 min Rec, 400 90 sec rec, 200 5 min Rec), 10 Min CD, Drills	19 54 1 Mi WU, Strides, 45-60 Min, Strides, SAM	20 55 1 Mi WU, Strides, 35-40 Min, Strides, Drills	21 30 Min Run, Stretch	22	
23 56 1 Mi WU, Strides, Fartlek, 1-2-3-4-3-2- 1, 1-2-3-2-1, 10 Min CD, Drills	24 57 1 Mi WU, Strides, 45-60 Min, Strides, SAM	25 58 1 Mi WU, Strides, 4x200, 800m, 400m, 300m, 200m, 10 Min CD,	26 59 1 Mi WU, Strides, 45-60 Min, Strides, SAM	27 60 1 Mi WU, Strides, 35-40 Min, Strides, Drills	28 30 Min Run, Stretch	29	
30 61 1 Mi WU Strides, CARL 30-35 Min, 20 Min CD, Drills	31 62 1 Mi WU, Strides, 45-60 Min, Strides, SAM	Notes:					

2020

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 61	31 62	01 63 1 Mi WU, Strides, 2 sets (2x800, 400, 200), 10 Min CD, Drills	02 64 1 Mi WU, Strides, 45-60 Min, Strides, SAM	03 65 1 Mi WU, Strides, 35-40 Min, Strides, Drills	04 30 Min Run, Stretch	05
06 66 1 Mi WU, Strides, Fartlek, 1-2-3-4-3-2-1, 1-2-3-2-1, 10 Min CD, Drills	07 67 1 Mi WU, Strides, 45-60 Min, Strides, SAM	08 68 1 Mi WU, Strides, 4x200, 800m, 400m, 300m, 200m, 10 Min CD,	09 69 1 Mi WU, Strides, 45-60 Min, Strides, SAM	10 70 1 Mi WU, Strides, 35-40 Min, Strides, Drills	11 30 Min Run, Stretch	12
13 71 0	14 72 0	15 73 0	16 74 0	17 75 0	18	19
20 76 0	21 77 0	22 78 0	23 79 0	24 80 0	25	26
27 81 0	28 82 0	29 83 0	30 84 0	01 85 0	02	03
04 86 0	05 87 0	Notes:				