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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 23 OCTOBER  OFF | 24  EZ 15-20MIN | 25  EZ 15-20MIN  + ABS | 26  OFF | 27  EZ 15-20MIN  +LOWER BODY | 28  EZ 15-20MIN | 29  OFF |
| 30  OFF | 31  EZ 15-20MIN | 1 NOVEMEBER  EZ 15-20MIN  +UPPER BODY | 2  OFF | 3  EZ 15-20MIN  +ABS | 4  EZ 15-20MIN | 5  OFF |
| 6  OFF | 7  EZ 15-20MIN + | 8  EZ 15-20MIN  +LOWER BODY | 9  OFF | 10  EZ 15-20MIN + STRIDES X2 | 11  EZ 15-20MIN  +UPPER BODY | 12  OFF |
| 13  OFF | 14  EZ 20-25MIN + STRIDES X 2 | 15  EZ 20-25MIN  +ABS | 16  OFF | 17  EZ 20-25MIN + STRIDES X4 | 18  EZ 20-25MIN  +LOWER BODY | 19  EZ 10-15MIN |
| 20  OFF | 21  EZ 20MIN + STRIDES X 4 | 22  EZ 15-20MIN | 23  EZ 10-15MIN + STRIDES X2 | 24  TURKEY TROT | 25  OFF | 26  EZ 10-15MIN |
| 27  OFF | 28  EZ 15-20MIN | 29  EZ 20-25MIN | 30  OFF | 1 DECEMBER  EZ 20-25MIN | 2  EZ 20-25MIN | 3  OFF |
| 4  OFF | 5  EZ 20-25MIN + STRIDES X 2 | 6  EZ 20-25MIN  +ABS | 7  OFF | 8  EZ 20-25MIN + STRIDES X 2 | 9  EZ 20-25MIN  +LOWER BODY | 10  OFF |
| 11  OFF | 12  EZ 20-25MIN + STRIDES X 4 | 13  EZ 20-25MIN  +UPPER BODY | 14  OFF | 15  EZ 20-25MIN + STRIDES X 4 | 16  EZ 20-25MIN  +ABS | 17  EZ 10-15MIN |
| 18  OFF | 19  EZ 20-25MIN + STRIDES X 4 | 20  EZ 20-25MIN  +LOWER BODY | 21  OFF | 22  EZ 20-25MIN + STRIDES X 4 | 23  EZ 20-25MIN  +UPPER BODY | 24  OFF |
| 25  OFF | 26  OFF | 27  EZ 20-25MIN  +ABS | 28  EZ 15-20MIN | 29  EZ 20-25MIN  +LOWER BODY | 30  EZ 15-20MIN + STRIDES X4 | 31  OFF |
| 1 JANUARY  OFF | 2  EZ 20-25MIN + STRIDES X 2 | 3  EZ 20-25MIN  +UPPER BODY | 4  OFF | 5  EZ 20-25MIN + STRIDES X 2 | 6  EZ 20-25MIN  +ABS | 7  EZ 10-15MIN |
| 8  OFF | 9  EZ 20-25MIN + STRIDES X 4 | 10  EZ 20-25MIN  +LOWER BODY | 11  OFF | 12  EZ 20-25MIN + STRIDES X 4 | 13  EZ 20-25MIN  +UPPER BODY | 14  OFF |
| 15  OFF | 16  EZ 20-25MIN + STRIDES X 4 | 17  EZ 20-25MIN  +ABS | 18  OFF | 19  EZ 20-25MIN + STRIDES X 4 | 20  EZ 20-25MIN  +LOWER BODY | 21  OFF |
| 22  OFF | 23  EZ 25-30MIN + STRIDES X 4 | 24  EZ 20-25MIN  +UPPER BODY | 25  OFF | 26  EZ 25-30MIN + STRIDES X 4 | 27  EZ 20-25MIN  +ABS | 28  EZ 10-15MIN |
| 29  BREAK/EZ WEEK  OFF | 30  EZ 10-15MIN | 31  EZ 10-15MIN | 1 FEBRUARY  OFF | 2  EZ 10-15MIN | 3  EZ 10-15MIN | 4  OFF |
| 5  OFF | 6  EZ 20-25MIN + STRIDES X 2 | 7  EZ 20-25MIN  +LOWER BODY | 8  OFF | 9  EZ 20-25MIN + STRIDES X 2 | 10  EZ 20-25MIN  +UPPER BODY | 11  OFF |
| 12  OFF | 13  EZ 20-25MIN + STRIDES X 4 | 14  EZ 20-25MIN  +ABS | 15  OFF | 16  EZ 20-25MIN + STRIDES X 4 | 17  EZ 20-25MIN  +LOWER BODY | 18  EZ 10-15MIN |
| 19  OFF | 20  EZ 25-30MIN + STRIDES X 4 | 21  EZ 25-30MIN  +UPPER BODY | 22  OFF | 23  EZ 25-30MIN + STRIDES X 4 | 24  EZ 25-30MIN  +ABS | 25  OFF |
| 26  OFF | 27  EZ 25-30MIN + STRIDES X 4 | 28  EZ 25-30MIN  +LOWER BODY |  |  |  |  |

\*\*EASY (EZ) RUNS: 60% max HR, "easy", "conversational" pace, includes -warm ups, cool downs, long runs, recovery runs, short jogs; no pain, more about time than intensity, strengthens heart, maximizes blood flow to muscles & increases muscle ability to process oxygen effectively ,~2-3 min slower than current mile race pace (EX: If you can race a mile in 6 min, you should run each mile of EZ run in ~8-9min)

\*\*STRIDES: gradual increase in speed to ~80-90% max speed (SO NOT AN ALL OUT SPRINT) over 15-20 sec - be at that 80-90% for ~5sec at end of each stride, to focus/work on economy and running form - all momentum should be moving FORWARD (arms should not cross midline), anything else is wasted energy, stay tall, relax shoulders - no tension, will also help with speed foundation for beginners

\*\*If any pain with EZ RUNS, REST/NO RUNNING UNTIL PAIN IS GONE! IF PAIN WITH STRIDES, NO MORE STRIDES UNTIL PAIN IS GONE!

\*\*DYNAMIC STRETCHES BEFORE ALL RUNS: Walking high knees, High knees, Walking butt kicks, Butt kicks, Heel walks, Toe walks, Skips with forward arm swing, Skips with backward arm swing, Open the gates, Close the gates, Head circles, Hip circles, Ankle circles, Leg swings

\*\*STATIC STRETCHES AFTER ALL RUNS: Neck bend (each side), Chest - arms behind back, Cross body shoulder, Triceps - behind head, Side bend (each side), Knee to chest - Hamstring, Heel to butt - Quad, Standing Toe touch, Standing tripod - each side & middle, Butterfly, Laying back twist/ Partner straddle, pull toes back calf stretch

\*\*ABS: (build up to 10 exercises x 25 reps per session by end of Feb.): Crunches, Sit ups, Toe touches, holds and lifts, Vs - Ups and holds, Crunchy Frogs, Grass pickers/Russian twists, Bicycles - both ways, Planks, Side planks - each side, Spidermen, Windmills, Knee to elbow, Cross body knee lifts, leg scissors - horizontal & vertical

\*\*LOWER BODY:  (build up to all exercises, 10 reps per session by end of Feb.): Lunges - forward & side, Squats and holds, Plie squats, calf raises start 2 legs progress to 1 leg, Donkey kicks, Fire Hydrants, Hip raises

\*\*UPPER BODY: (build up to 8 exercises, 10 reps per session by end of Feb.): Arm scissors (warm up), Pushups - regular, wide, narrow, Plank rotations & holds - 1&2 arms, Elevators, Dips/Tricep holds, Supermen, partner resistance curls & shrugs, Shadow boxing

\*\*IF DOING ANYMORE RACES DURING THE WINTER – MAKE THAT WEEK EASIER LIKE THE WEEK OF THE TURKEY TROT

\*\*STRONGLY ENCOURAGE NO RUNNING ON ICE!! WOULD ENCOURAGE TREADMILL/ELLIPTICAL/SWIMMING/STAIRS INSIDE INSTEAD OF RUNNING OUTSIDE WHEN EXTREMELY COLD AND/OR ICY IF POSSIBLE!

HOPE THE WINTER IS AWESOME!!