

Dec/Jan 2020 Diamond 10K L1

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
20 #Run 1/Walk 2 *10	21 XT 30 min	22 20min r/w	23 XT 30 min	24 20min r/w	25 REST	26 25min r/w
27 Rest or Walk 20 min R2/W 2 9	28 XT 30 min	29 20min r/w	30 XT 30 min	31 20min r/w	1 REST	2 30min r/w
3 Rest or Walk 30 min R2/W1 8	4 XT 30 min	5 2 miles	6 XT 30 min	7 2 miles	8 REST	9 2.5 miles
10 Rest or Walk 30 min R2/W1 7	11 XT 30 min	12 2 miles	13 XT 30 min	14 2 miles	15 REST	16 3 miles
17 Rest or Walk 30-40 min R3/W2 6	18 XT 30 min	19 2 miles	20 XT 30 min	21 2 miles	22 REST	23 3 miles

KEY:	
Sundays are optional easy walk day or Rest day.	* on Sunday is weeks to go to Diamond 10K
# on Sunday is run/walk interval in minutes for that week	Mon & Wed are cross-training days: bike, swim, exercise class; do strength & core training, too

Jan/Feb 2020 Diamond 10K L1

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
24 Rest or Walk 30-45 min R4/W2 or 3/1 5	25 XT 45 min	26 3 miles	27 XT 45 min	28 3 miles	29 REST	30 4 miles
31 Rest or Walk 45 min R4/W1or2 4	1 XT 45 min	2 4 miles	3 XT 45 min	4 3-4 miles	5 REST	6 5 miles
7 Rest or Walk 45 min R4/W1or2 3	8 XT 45-60 min	9 4 miles	10 XT 45-60 min	11 4 miles	12 REST	13 5 miles
14 Rest or Walk 45 min R4/W1or2 OR R5/W1 2	15 XT 45-60 min	16 4-5 miles	17 XT 45-60 min	18 4 miles	19 REST	20 5-6 miles
21 Rest or Walk 45 min R4/W1or2 OR R5/W1 1	22 XT 45-60 min	23 4-5 miles	24 XT 45-60 min	25 3 miles	26 REST	27 20 min jog 4x100 yd strides
28 Diamond 10k 0	1 REST	2 2-3 miles	3 XT 45-60 min	4 2-3 miles easy	5 REST	6

KEY:	
Sundays are optional easy walk day or Rest day.	* on Sunday is weeks to go to Diamond 10K
# on Sunday is run/walk interval in minutes for that week	Mon & Wed are cross-training days: bike, swim, exercise class; do strength & core training, too