Dec/Jan 2020 Diamond 10K L2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20 *10	**21** XT 30 min	**22** 4 miles	**23** XT 30 min	**24** 4 miles	**25 REST**	**26** 5 miles
27 3-4 miles 9	**28** XT 30 min	**29** 5 miles Include some hills	**30** XT 30 min	**31** 5 miles 3-2-1 3min pickup; 2min, 1min with equal recovery jog between	**1 REST**	**2** 6 miles
3 3-4 miles 8	**4** XT 30 min	**5** 5 miles Find hill of 200 yards like Killer at WW Park; do 4 repeats up it in 2nd half of run.	**6** XT 30 min	**7** 5 miles Last mile at goal 10k pace	**8 REST**	**9** 6 miles Last mile at goal 10k pace
10 4 miles 7	**11** XT 30 min	**12** 5 miles Find hill of 200 yards like Killer at WW Park; do 5 repeats up it in 2nd half of run.	**13** XT 30 min	**14** 5 miles Last mile at goal 10k pace	**15 REST**	**16** 6 miles Last mile at goal 10k pace
17 4 miles 6	**18** XT 30 min	**19** 5 miles Find hill of 200 yards like Killer at WW Park; do 5 repeats up it in 2nd half of run.	**20** XT 30 min	**21** 5 miles Last mile at goal 10k pace	**22 REST**	**23** 6 miles Last 2 miles at goal 10k pace

Jan/Feb 2020 Diamond 10K L2

Sun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
24 4-5 ez 5	**25** XT 45 min	**26** 6 miles Find hill of 200 yards like Killer at WW Park; do 6 repeats up it in 2nd half of run.	**27** XT 45 min	**28** 6 miles 2X1m at 10k pace. 3m wrm-up; 1m fast, 1 recovery, 1m fast	**29 REST**	**30** 8 miles Last 2 miles at 10k pace
31 4-5 ez 4	**1** XT 45 min	**2** 6 miles Find hill of 200 yards like Killer at WW Park; do 6 repeats up it in 2nd half of run.	**3** XT 45 min	**4** 6 miles 2m wrm-up; 4X1/2 mile at 5k pace with ¼ mile recovery between.	**5 REST**	**6** 8 miles Last 2 miles at 10k pace
7 4-5 ez 3	**8** XT 45-60 min	**9** 6 miles 3-mile warm-up; 3m at 10k pace	**10** XT 45-60 min	**11** 6-7 miles 2m wrm-up; 3X1m at sub 10k pace with 1/2m between	**12 REST**	**13** 10 miles ez pace Last mile at 10k pace
14 5 miles ez 2	**15** XT 45-60 min	**16** 6 miles 3-mile warm-up; 2m at 10k pace	**17** XT 45-60 min	**18** 6 miles 2m wrm-up; 4X1/2 mile at 5k pace with ¼ mile recovery between.	**19 REST**	**20** 8 miles Last 2 miles at 10k pace
21 3-4 miles ez 1	**22** XT 45-60 min	**23** 5 miles 4X100 strides in last miles	**24** XT 45-60 min	**25** 3 miles 4X100 strides in last 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** 6 miles ez