Dec/Jan 2020 Diamond 2X10K L1

2XSun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
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 40 min R2/W1 7	**11** XT 30 min	**12** 2 miles	**13** XT 30 min	**14** 2 miles	**15 REST**	**16** 3 miles
17 2 miles 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 2X10K L1

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

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