

Dec/Jan 2020 Diamond 2X10K L2

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|--|--------------------------------|--|--------------------------------------|--|----------------|--|
| 20 *10 | 21 XT 30 min | 22 4 miles | 23 XT 30 min or 3 miles | 24 4 miles | 25 REST | 26 5 miles |
| 27 3-4 miles 9 | 28 REST or XT 30 min | 29 5 miles Include some hills | 30 XT 30 min or 3 miles | 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 REST or XT 30 min | 5 5 miles Find hill of 200 yards like Killer at WW Park; do 4 repeats up it in 2 nd half of run. | 6 XT 30 min or 3 miles | 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 REST or XT 30 min | 12 5 miles Find hill of 200 yards like Killer at WW Park; do 5 repeats up it in 2 nd half of run. | 13 XT 30 min or 3 miles | 14 5 miles Last mile at goal 10k pace | 15 REST | 16 6 miles Last mile at goal 10k pace |
| 17 5 miles 6 | 18 REST or XT 30 min | 19 5 miles Find hill of 200 yards like Killer at WW Park; do 5 repeats up it in 2 nd half of run. | 20 XT 30 min or 3 miles | 21 5 miles Last mile at goal 10k pace | 22 REST | 23 6 miles Last 2 miles at goal 10k pace |

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