January 2021

TBD

90 miles

70 miles

67 miles

90 miles

90 miles

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 18 miles @7:49 average | 10 miles @6:19 average | WU + 4 miles threshold (19:48 through 4 miles then called it) | Off | 70 minutes @7:18 average | 10 miles @6:47 + 6x30 second hill sprints | 12 miles @6:16 pace |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 15 miles @6:45 on LA River Bike Path | 10 miles @6:42 + 4 strides | 6 mile threshold (29:54) + 400(57), 300(43) – 12 miles total | Medium Long (90 minutes @6:30 pace) | AM: 70 minutes  PM: 5 double | Hard run up Brown Mountain (12 miles) | 10 miles @7:00 pace + 4 strides |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 18 miles @6:14 pace | 10 miles @6:51 + 4 strides | 10x600 w/ 200 jog (1:40’s) + 600,500,400,300,200,100 @ mile pace (60 through 400) | Medium Long Run (85-90 minutes) | 70 minutes + 5 double | 70 minutes + 8x30 second hill sprints | 70 minutes |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Long Run (2 hours or 18 miles, whichever comes first) | Day Off | WU + 6 mile threshold + 400,300,200,100 @ mile + CD | Medium Long Run  (85-90 minutes) | AM: 70 minutes  PM: 5 double | Hard run up Brown Mountain | 70 minutes |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Modified Long Run (15 miles) | 10 Easy | WU + 3 miles (14:30), 2 miles (9:20), 1 mile (4:24) + CD | Modified Medium Long Run- 75 minutes | AM: 70 minutes  PM: 5 double | WU + 8x400 w/ 90 seconds rest + CD | 70 minutes |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| Long Run (2 hours or 18 miles, whichever comes first) |  |  |  |  |  |  |