

# August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	<p>Suggestion is to train with a teammate or teammates on a regular basis. You will hold each other accountable. Can train on your own when you are away. You will be sore for the first three weeks. Try to train on soft surfaces (grass and dirt) as much as possible. At the time of creating this calendar there was no information about when or how practice could start due to the shutdown. Information will be posted on <a href="http://venturahighxc.com">venturahighxc.com</a>. If we can meet, I will set up times there. As of now, we do not have access to the pool to adjust training. As we move through the schedule, I like to hear how you are doing and adjust as needed. In this current situation, you will have to make some choices about your running, cross training, and recovery days. Keep a log and track how you are feeling. PUT INFO UP ON STRAVA.</p>					
9	<p>Learn to love the training process and listen to what your bodies tell you.            ***Get new shoes for running. Go to Mile 26 or Inside Track to get fitted. Do not buy shoes off the rack somewhere. Try on and run in multiple pairs until you find one.</p>					
16	17 <i>Run out 5 to 10 min and try to run back nonstop</i>	18 <i>Repeat Monday but go one min farther.</i>	19 <i>Run/walk/run for 20 to 25 minutes</i>	20 <i>Repeat Tuesday's workout</i>	21 <i>Walk, ride, elliptical, or swim (Cross Train) 30 min</i>	22 <i>Try to go 5 minutes longer than Thursday</i>
23	24 <i>Run out 8 to 12 minutes and try to come back nonstop and a little faster.</i>	25 <i>Run somewhere new today. Run out 10 minutes and come back faster. (neg split)</i>	26 <i>Cross training day 30 minutes. Walk, swim, ride, elliptical, row, etc.</i>	27 <i>Run out for 12 min, on the way back do 30 seconds hard, 15 sec recovery 4 times.</i>	28 <i>Cross training day 30 minutes. Walk, swim, ride, elliptical, row, etc.</i>	29 <i>Go to a new location and run 5 minutes longer than last Saturday</i>
30	31 <i>Run 25 to 35 minutes today at a decent pace. Back faster. Negative Split.</i>					

# September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Warm up 5 min, run out 7 to 10 min comfortably hard. Then run back to the start point.</i>	2 <i>Cross training day 30 minutes. Walk, swim, ride, elliptical, row, etc.</i>	3 <i>Run out 14 to 16 minutes, come back Negative split. Do 4 x 100meter strides with 40 sec rest.</i>	4 <i>Cross training day 30 minutes. Walk, swim, ride, elliptical, row, etc.</i>	5 <i>Find a new place to run. Run out 16 to 18 min and come back a little faster. Long run!</i>
6	7 <i>30 to 40 minutes non-stop running! 5 x 100M strides with 40 seconds rest.</i>	8 <i>Run somewhere a little hilly today 25 to 30 min total. Do a core routine from the website</i>	9 <i>Cross training day 30 minutes. Walk, swim, ride, elliptical, row, etc.</i>	10 <i>Fartlek (speedplay) Run for 5 min, do 5 x 2 min hard with 1 min recovery. Run 5 Core</i>	11 <i>Cross training day 30 minutes. Walk, swim, ride, elliptical, row, etc.</i>	12 <i>Long run. 17 to 19 min out and come back in a little faster.</i>
13	14 <i>Run somewhere a little hilly today 28 to 33 min total. Do a core routine from the website</i>	15 <i>30 to 40 min run with 5 x 1min hard after 5 minutes of warm up. 1 min recovery. Core</i>	16 <i>35 min of Aerobic running. HR at 160 to 170 do 6 x 20 sec sprints with 40 sec rec in the middle.</i>	17 <i>30 to 40 min run with 5 x 1min comfortably hard in the middle 1 min recovery. Core</i>	18 <i>Cross training day 30—40minutes. Walk, swim, ride, elliptical, row, etc.</i>	19 <i>Long Run 38 to 45 min run. Come back a little faster than you went out.</i>
20	21 <i>Run somewhere a little hilly 30 to 35 min total. Do a core routine from the website</i>	22 <i>30 to 40 min run with 5 x 1min hard after 5 minutes of warm up. 1 min recovery. Core</i>	23 <i>Cross training day 30—40minutes. Walk, swim, ride, elliptical, row, etc.</i>	24 <i>30 to 40 min run with 6 x 1min comfortably hard in the middle 1 min recovery. Core</i>	25 <i>35 min of Aerobic running. HR at 160 to 170 do 6 x 20 sec sprints with 40 sec rec in the middle.</i>	26 <i>Long Run 40 to 48 min negative split.</i>
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# October 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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# November 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i>					

# December 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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