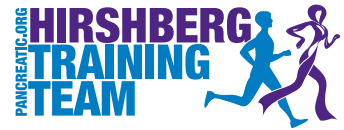


2019/20 Charity Challenge



WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	9/23 30-45 min	9/24 rest or x-train	9/25 30 - 45 min	9/26 30 - 45 min	9/27 x-train 40 - 60 min	9/28 2 - 4 miles	9/29 rest
2	9/30 30-45 min	10/1 rest or x-train	10/2 30 - 45 min	10/3 30 - 45 min	10/4 x-train 40 - 60 min	10/5 2 - 4 miles	10/6 rest
3	10/7 30-45 min	10/8 rest or x-train	10/9 30 - 45 min	10/10 30 - 45 min	10/11 x-train 40 - 60 min	10/12 3 - 5 miles	10/13 rest
4	10/14 30-45 min	10/15 rest or x-train	10/16 30 - 45 min	10/17 30 - 45 min	10/18 x-train 40 - 60 min	10/19 3 - 5 miles	10/20 LACC 5K
5	10/21 30-45 min	10/22 rest or x-train	10/23 30 - 50 min	10/24 30 - 45 min	10/25 x-train 40 - 60 min	10/26 4 - 6 miles	10/27 rest
6	10/28 30-45 min	10/29 rest or x-train	10/30 30 - 50 min	10/31 30 - 45 min	11/1 x-train 40 - 60 min	11/2 3 - 5 miles	11/3 rest
7	11/4 30-45 min	11/5 rest or x-train	11/6 30 - 50 min	11/7 30 - 45 min	11/8 x-train 40 - 60 min	11/9 5 - 7 miles	11/10 rest
8	11/11 30-45 min	11/12 rest or x-train	11/13 30 - 50 min	11/14 30 - 45 min	11/15 x-train 40 - 60 min	11/16 3 - 5 miles	11/17 rest
9	11/18 30-45 min	11/19 rest or x-train	11/20 30 - 50 min	11/21 30 - 45 min	11/22 x-train 40 - 60 min	11/23 6 - 8 miles	11/24 or combo
10	11/25 30-45 min	11/26 rest or x-train	11/27 30 - 50 min	11/28 30 - 45 min	11/29 x-train 40 - 60 min	11/30 Thanksgiving	12/1 rest
11	12/2 30-45 min	12/3 rest or x-train	12/4 30 - 55 min	12/5 30 - 45 min	12/6 x-train 40 - 60 min	12/7 7 - 9 miles	12/8 or combo
12	12/9 30-45 min	12/10 rest or x-train	12/11 30 - 55 min	12/12 30 - 45 min	12/13 x-train 40 - 60 min	12/14 4 - 6 miles	12/15 rest
13	12/16 30-45 min	12/17 rest or x-train	12/18 30 - 55 min	12/19 30 - 45 min	12/20 x-train 40 - 60 min	12/21 8 - 10 miles	12/22 or combo
14	12/23 30-45 min	12/24 rest or x-train	12/25 30 - 55 min	12/26 30 - 45 min	12/27 x-train 40 - 60 min	12/28 4 - 6 miles	12/29 rest
15	12/30 30-45 min	12/31 rest or x-train	1/1 30 - 55 min	1/2 30 - 45 min	1/3 x-train 40 - 60 min	1/4 9 - 11 miles	1/5 or combo
16	1/6 30-45 min	1/7 rest or x-train	1/8 30 - 55 min	1/9 30 - 45 min	1/10 x-train 40 - 60 min	1/11 5 - 7 miles	1/12 rest
17	1/13 30-45 min	1/14 rest or x-train	1/15 30 - 60 min	1/16 30 - 45 min	1/17 x-train 40 - 60 min	1/18 9 - 11 miles	1/19 or Pas Half
18	1/20 30-45 min	1/21 rest or x-train	1/22 30 - 60 min	1/23 30 - 45 min	1/24 x-train 40 - 60 min	1/25 6 - 8 miles	1/26 rest
19	1/27 30-45 min	1/28 rest or x-train	1/29 30 - 60 min	1/30 30 - 45 min	1/31 x-train 40 - 60 min	2/1 10 - 12 miles	2/2 or combo
20	2/3 30-45 min	2/4 rest or x-train	2/5 30 - 60 min	2/6 30 - 45 min	2/7 x-train 40 - 60 min	2/8 6 - 8 miles	2/9 rest
21	2/10 30-45 min	2/11 rest or x-train	2/12 30 - 60 min	2/13 30 - 45 min	2/14 x-train 40 - 60 min	2/15 10 - 13 miles	2/16 or combo
22	2/17 30-45 min	2/18 rest or x-train	2/19 30 - 60 min	2/20 30 - 45 min	2/21 x-train 40 - 60 min	2/22 6 - 8 miles	2/23 rest
23	2/24 30-45 min	2/25 rest or x-train	2/26 30 - 45 min	2/27 30 - 45 min	2/28 x-train 40 - 60 min	2/29 6 - 7 miles	3/1 rest
24	3/2 easy 30 min	3/3 rest	3/4 easy 30 min	3/5 easy 25 min	3/6 rest	3/7 LA WKND	3/8 MARATHON

REST, X TRAIN OR EASY RUN DAY BEFORE & AFTER WEEKEND LONGER RUNS

For combo runs add 2-3 miles to total scheduled mileage. Example: long runs of 15 miles, go for 11-12 miles on Saturday and 6 miles on Sunday. So for scheduled run of 15 miles you will 17 - 18 miles over 2 back to back days.