

# 2020/21 Charity Challenge



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