

2020/21 Charity Challenge



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