

August 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-------------------|-------------|---|-------------------|----------------------------------|--|-------------------------------------|----------------|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 | <u>Week 14</u> |
| 6M Easy Run | 8M Easy Run | Fartlek 8x60sec pickups 11M Total | 10M Easy Run | 9M Easy Run 10x100m strides | 5M Easy Run 3x40sec pickups | 8K Race 26:01 (6th) 11M Total | 60 Miles |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | <u>Week 13</u> |
| Long Run 12M | 8M Easy Run | Fartlek 6x80sec pickups 11M Total | 10M Easy Run | 9.5M Easy Run 12x100m strides | Intervals 6x1K (200 jog) 6x200m (200 jog) 11M Total | 8M Easy Run | 69.5 Miles |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | <u>Week 12</u> |
| Long Run 16.5M | 8M Easy Run | Fartlek 6x90sec pickups 12M Total | 10M Easy Run | 10M Easy Run 12x100m strides | Intervals 7x1K (200 jog) 7x200m (200 jog) 11M Total | 8M Easy Run | 75.5 Miles |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | <u>Week 11</u> |
| Long Run 17M | 8M Easy Run | Fartlek 5x2min pickups 12M Total | 10.5M Easy Run | 8M Easy Run | Intervals 7x1K (200 jog) 7x200m (200 jog) 11M Total | 8.5M Easy Run | 75 Miles |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | <u>Week 10</u> |
| Long Run 18.5M | 8M Easy Run | Tempo Run 3 Miles 14M Total | 8M Easy Run | 9.5M Easy Run 12x100m strides | Tempo Run 5 Mile Cut-down 11.5M Total | 8M Easy Run | 77.5 Miles |

Notes:

1. Workouts this month were prescribed by Coach Tom Schwartz (RunFastCoach.com) through his coaching service; I highly recommend Tom as a coach
2. I completed Physical Therapy on 8/9 and 8/23 at Mobility Fit; Stacey helped me overcome years of Achilles tendinitis and continues to help me stay healthy