



Training Calendar February (2nd 4-Weeks)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Training Tip If running 2 or more legs in RTTS, start gradually incorporating 2-A-Days into your training program this month. 2-A-Days are 2 easy runs within 6-12 hours of each other.</p>	<p>2-A-Day Example Sunday 6am 4-mile-loop at Town Lake followed by stretching 5pm pre-run foam rolling and 3-mile neighborhood run</p>	<p>To recover quickly between 2-A-Day runs eat a light meal high in carbs (70% total calories) with a <i>little</i> protein (10-15% total calories) immediately following the first run (within 30</p>	<p>Suggested Breakfast post-first-run for a 2-A-Day: Vegan Breakfast Tacos Black Beans Grilled Peppers & Onions Avocado on Corn Tortillas</p>		<p>Inspiration ~ Motivation <i>Never believe that a few caring people can't change the world. For indeed, that's all who ever have.</i> Margaret Mead</p>	<p>Inspiration ~ Motivation <i>I run because long after my footprints fade away, maybe I will have inspired a few... I run because it always takes me where I want to go.</i></p>
	<p>Feb 3 Strength Training: Full-body</p>	<p>4 5:30pm "Quality Running" Coached Workout @ OHenry Middle School</p>	<p>5 Strength Training: Upper-body & core</p>	<p>6 Cardio X-Training</p>	<p>7 Flexibility + Rest</p>	<p>8 8am RTTS "Quantity Run" @ OHenry Or 3-6 miles hills</p>
<p>9 2-A-Day Easy Run x2 20-60 minutes each + Flexibility</p>	<p>10 4pm "Quality Workout" @ Casis Drills & Form Work + Core Strength</p>	<p>11 Strength Training: Full-body</p>	<p>12 Cardio X-Training Or Run 3-5 miles</p>	<p>13 Strength Training: Upper body & core</p>	<p>14 Flexibility + Rest</p>	<p>15 8am RTTS "Quantity Run" @ OHenry Or 4-8 miles hills</p>
<p>16 Easy Run 2-4 miles + Flexibility</p>	<p>17 4pm "Quality Workout" @ Casis Drills & Form Work + Core Strength</p>	<p>18 Strength Training: Full-body</p>	<p>19 Cardio X-Training Or Run 3-5 miles</p>	<p>20 Strength Training: Upper body & core</p>	<p>21 Flexibility + Rest</p>	<p>22 8am RTTS "Quantity Run" @ OHenry Or 4-8 miles tempo</p>
<p>23 2-A-Day Easy Run X2 20-60 minutes each + Flexibility</p>	<p>24 4pm "Quality Workout" @ Casis Drills & Form Work + Core Strength</p>	<p>25 Strength Training: Full-body</p>	<p>26 Cardio X-Training Or Run 3-5 miles</p>	<p>27 Strength Training: Upper body & core</p>	<p>28 Flexibility + Rest</p>	<p>Mar 1 8am RTTS "Quantity Run" @ OHenry Or 4-8 miles hills</p>

Strength Training Suggestions

Weight Training Class

CrossFit

BootCamp

or

DIY Full-Body Workout

Squats

Push-ups

Lunges

Dips

10-20 reps of each exercise x 1-4 rounds

and

DIY Upper-Body & Core Workout

Plank (hold 10-30 seconds)

Yoga Crunches in “Boat Pose” (10-20 reps)

Low Plank (10-30 seconds)

Superman (10-20 reps)

Side-Plank (10-30 seconds)

Crunches (10-20 reps)

Double-Leg-Low-Hold (10-30 seconds)

Repeat sequence 1-4x

Cardio XTraining Suggestions

Cycling

Spin Class

Swimming

Cross-Fit Endurance Class

Dance-Fit Class

Hiking

Jumping Rope

Sports: Tennis, Basketball, Volleyball, Soccer

Playground Games: Tag, Sharks & Minnows, Capture the Flag

Flexibility Suggestions

Yoga Vinyasa Flow Class

Stretching and Foam Rolling for:

Hamstrings

Quads

Glutes

Low Back

Hip Flexors

IT Band

Calves