



Training Calendar April (Last 4-Weeks)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Vary Your Routes To prepare physically and mentally to run on unfamiliar roads in RTTS, vary your routes in your training, running different neighborhoods or sections of the trail, and the hillier the better!</p>	<p>Running in the Dark In the weeks leading up to RTTS, include a few late night and/or early morning runs (after sunset and/or before sunrise) in your weekly training to practice running in the dark.</p>	<p>Let Your Light Shine! Use a lighted hat, headlamp, or knuckle lights, and a reflective vest and/or reflective gear when running in the dark; and run with a buddy or group.</p>	<p>2-A-Days 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>Taper The week leading up to RTTS, decrease the intensity and mileage of your workouts slightly. (No speed or strength work this week! But include stride/cadence/turnover drills in your runs.) And get more sleep/rest this week, just 20-30 extra minutes/night helps.</p>	<p>Inspiration ~ Motivation <i>I used to believe that prayer changes things, but now I know that prayer changes us and we change things.</i> Mother Theresa</p>	<p><i>Don't measure every run by your watch or the distance you covered, but by the number of friendships you create.</i> Bart Yasso</p>
	<p>Mar 31 8:15am @ Pease Park or 4pm @ Casis Running Technique, Endurance, & Core Strength Workout Or run 3-6 miles on your own</p>	<p>April 1 6am @ OHenry Track Running Technique, Endurance, & Core Strength Workout Or Full-Body Strength-Endurance Training on your own</p>	<p>2 8:15am @ Town Lake Efficiency, Strength, & Speed Workout Or 3-5 mile interval run on your own Or Cardio X-Training on your own</p>	<p>3 6am @ OHenry Track Efficiency, Strength, & Speed Workout Or Upper-Body/Core Strength-Endurance Training on your own</p>	<p>4 Flexibility + Rest</p>	<p>5 8am @ OHenry Group Run – Distances/Routes Vary Or 3-6 mile hill run on your own</p>
<p>6 2-A-Day Easy Run x2 40-60 minutes each + Flexibility</p>	<p>7 8:15am @ Pease Park or 4pm @ Casis Running Technique, Endurance, & Core Strength Workout Or run 3-6 miles on your</p>	<p>8 6am @ OHenry Track Running Technique, Endurance, & Core Strength Workout Or Full-Body Strength-Endurance Training on your own</p>	<p>9 8:15am @ Town Lake Efficiency, Strength, & Speed Workout Or 3-5 mile interval run on your own Or Cardio X-Training on your own</p>	<p>10 6am @ OHenry Track Efficiency, Strength, & Speed Workout Or Upper-Body/Core Strength-Endurance Training on your own</p>	<p>11 Flexibility + Rest</p>	<p>12 8am @ OHenry Group Run – Distances/Routes Vary Or 4-6 tempo run on your own</p>
<p>13 Easy Run 3-6 miles + Flexibility</p>	<p>14 8:15am @ Pease Park or 4pm @ Casis Running Technique, Endurance, & Core Strength Workout Or run 3-6 miles on your</p>	<p>15 6am @ OHenry Track Running Technique, Endurance, & Core Strength Workout Or Full-Body Strength-Endurance Training on your own</p>	<p>16 8:15am @ Town Lake Efficiency, Strength, & Speed Workout Or 3-5 mile interval run on your own Or Cardio X-Training on your own</p>	<p>17 6am @ OHenry Track Efficiency, Strength, & Speed Workout Or Upper-Body/Core Strength-Endurance Training on your own</p>	<p>18 Flexibility + Rest</p>	<p>19 8am @ OHenry Group Run – Distances/Routes Vary Or 5-7 easy run on your own</p>
<p>20 Easy Run 40-60 minutes + Flexibility</p>	<p>21 TAPER Light Workout Week 8:15am @ Pease Park or 4pm @ Casis Easy run and drills 3-6 miles</p>	<p>22 TAPER Light Workout Week 6am @ OHenry Track Easy run and drills 3-6 miles Or Light XTraining on your own</p>	<p>23 TAPER Light Workout Week 8:15am @ Town Lake Easy run and drills 3-4 miles + Flexibility</p>	<p>24 TAPER Light Workout Week 6am OHenry Track Easy run and drills 3-4 miles + Flexibility Packet Pick Up 1379</p>	<p>25 TAPER Light Workout Week Flexibility + Rest</p>	<p>26 Run-to-the-Sun</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

