



Training Calendar

March (3rd 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. If you typically run in your neighborhood or at the lake, try running in another neighborhood, a running buddy's or teammate's neighborhood, or one near your office, child's school, or church. And for RTTS</p>	<p>Practice Night Running 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. Use a lighted hat, headlamp, or knuckle lights, and a reflective vest and/or reflective gear, and run with a buddy or</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>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>For a quick recovery after workouts and between RTTS legs Eat a light meal high in carbs (70% total calories) with a little protein (10-15% total calories) immediately following the first run (within 30 minutes). And hydrate, hydrate, hydrate! Favorite post-run beverage: 16oz water + 4oz 100%</p>	<p>Inspiration ~ Motivation <i>You are what you give; not what you are given.</i> Sir David Tang</p>	<p><i>If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.</i> John Bingham</p>
<p>Mar 2</p>	<p>Mar 3 8:15am @ Pease Park or 4pm @ Casis Running Technique, Endurance, & Core Strength Workout Or run 3-6 miles on your own</p>	<p>4 6am @ OHenry Track Running Technique, Endurance, & Core Strength Workout Or Full-Body Strength-Endurance Training on your own</p>	<p>5 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>6 6am @ OHenry Track Efficiency, Strength, & Speed Workout Or Upper-Body/Core Strength-Endurance Training on your own</p>	<p>7 Flexibility + Rest</p>	<p>8 8am @ OHenry Group Run – Distances/Routes Vary Or 3-6 mile hill run on your own</p>
<p>9 2-A-Day Easy Run x2 40-60 minutes each + Flexibility</p>	<p>10 8:15am @ Pease Park or 4pm @ Casis Running Technique, Endurance, & Core Strength Workout Or run 3-6 miles on your</p>	<p>11 6am @ OHenry Track Running Technique, Endurance, & Core Strength Workout Or Full-Body Strength-Endurance Training on your own</p>	<p>12 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>13 6am @ OHenry Track Efficiency, Strength, & Speed Workout Or Upper-Body/Core Strength-Endurance Training on your own</p>	<p>14 Flexibility + Rest</p>	<p>15 8am @ OHenry Group Run – Distances/Routes Vary Or 4-6 tempo run on your own</p>
<p>16 Easy Run 3-6 miles + Flexibility</p>	<p>17 8:15am @ Pease Park or 4pm @ Casis Running Technique, Endurance, & Core Strength Workout Or run 3-6 miles on your</p>	<p>18 6am @ OHenry Track Running Technique, Endurance, & Core Strength Workout Or Full-Body Strength-Endurance Training on your own</p>	<p>19 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>20 6am @ OHenry Track Efficiency, Strength, & Speed Workout Or Upper-Body/Core Strength-Endurance Training on your own</p>	<p>21 Flexibility + Rest</p>	<p>22 8am @ OHenry Group Run – Distances/Routes Vary Or 5-7 mile hill run on your own</p>
<p>23 2-A-Day Easy Run X2 40-60 minutes each + Flexibility</p>	<p>24 8:15am @ Pease Park or 4pm @ Casis Running Technique, Endurance, & Core Strength Workout Or run 3-6 miles on your</p>	<p>25 6am @ OHenry Track Running Technique, Endurance, & Core Strength Workout Or Full-Body Strength-Endurance Training on your own</p>	<p>26 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>27 6am @ OHenry Track Efficiency, Strength, & Speed Workout Or Upper-Body/Core Strength-Endurance Training on your own</p>	<p>28 Flexibility + Rest</p>	<p>29 8am @ OHenry Group Run – Distances/Routes Vary Or 5-7 tempo run on your own</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