

# 2018 August Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Jul	off or up to 60	20 to 30 tempo + 600-400-200	up to 60	Hill Loops up to 30 mins + hill sprints	off or up to 60	30 to 45 tempo + 3 x 200	up to 1:45
06-Aug	off or up to 60	20 to 30 tempo + 3 x 400	up to 60	6-5-4-3-2-3x1 / 2	off or up to 60	30 to 45 tempo + 6 x 100 or Emperor's Challenge	up to 1:45
13-Aug	off or up to 60	20 to 30 tempo + 6 x 200	up to 60	Hill Loops up to 30 mins + hill sprints	off or up to 60	30 to 45 tempo + 2 x 300	up to 1:45
20-Aug	off or up to 60	20 to 30 tempo + 600-400-200	up to 60	6-5-4-3-2-3x1 / 2	off or up to 60	<b>Fairview Road Race</b>	up to 1:45
27-Aug	off or up to 60	20 to 30 tempo + 3 x 400	up to 60	6 x 3/2 + 4 x 200 grad hills	off or up to 60	30 to 45 tempo + 2 x 300	up to 1:45
03-Sep	off or up to 60	Hill Loops up to 30 mins + hill sprints	up to 60	6-5-4-3-2-3x1 / 2	off or up to 60	25 to 35 tempo + hill sprints	up to 1:45
12-Sep							

1. Numbers are minutes running. These are **suggested maximums for most people who've been running all summer**, but the senior athletes may choose to exceed these guidelines if they feel good
2. Run at least 5 days per week,
3. It's ok to supplement with schedule with other EZ aerobic exercise like cycling, swimming, elliptical, etc.
4. The focus of August is volume - slow down if you need to. Try to get the miles and minutes in!
5. If you are doing the Emperor's Challenge, lighten the load a few days before the EC and on the week afterwards