



NOVEMBER 2019

Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 Start 20mins easy	25 30mins 6x (3mins run, 2mins walk)	26 20mins easy	27 30mins easy 5x (4mins run, 2mins walk)	28 OFF	29 20mins	30 Track - 40mins (walk the curves, run the straights)



DECEMBER 2019

Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 30mins easy	2 40mins easy 8x (4mins run, 1min walk)	3 30mins easy	4 OFF	5 30mins hilly	6 30mins easy	7 Track- 50mins (walk the curves, run the straights)
8 40mins	9 OFF	10 30mins easy	11 40mins hilly	12 20min walk	13 30mins easy	14 Track - 60mins (walk the curves, run the straights)
15 50mins	16 OFF	17 30mins walk	18 hill repeats 40mins - include 5x (1min up, 3min walk down)	19 20min walk	20 40mins easy	21 Track - 40mins (jog the curves, run the straights)
22 60mins	23 OFF	24 30mins easy	25 hill repeats 40mins - include 5x (2min up, 3min walk down)	26 30mins walk	27 40mins easy	28 Track - 50mins (jog the curves, run the straights)
29 70mins	30 OFF	31 40mins easy				



JANUARY 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 hill repeats 50mins - 5x (2min up, 3min walk down - end 1 mile at race goal pace)	2 30mins walk	3 40mins easy	4 Track - 60mins (walk the curves, run the straights)
5 80mins	6 OFF	7 40mins easy	8 hill repeats 60mins - 5x (2min up, 3min walk down - end 2 miles at race pace)	9 30mins walk	10 40mins easy	11 Track - 60mins (8x400m at goal pace, 1min rest in between)
12 90mins	13 OFF	14 40mins easy	15 60min hilly run	16 30mins walk	17 30mins easy	18 Track - 60mins (8x800m at goal pace, 1min rest in between)
19 100mins	20 OFF	21 40mins easy	22 60min hilly run end 1 mile at race goal pace	23 30mins walk	24 30mins easy	25 Track - 60mins (8x1200m at goal pace, 1min rest in between)
26 110mins	27 OFF	28 30mins easy	29 60min hilly run end 2 miles at race goal pace	30 OFF	31 30mins easy	



FEBRUARY 2020

Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Track - 60mins (8x1600m at goal pace, 1min rest in between)
2 120mins	3 OFF	4 30mins with 6x30sec pick-ups	5 60mins easy	6 20mins easy	7 40mins easy	8 Track - 60mins (8x400m at goal pace, 1min rest in between)
9 OFF	10 40mins with 6x30sec pick-ups	11 30mins easy	12 30mins with 5x 3mins at goal race pace, 2mins rest in between	13 20mins easy	14 OFF	15 20mins easy with 6x15sec pick-ups
16 Ascension Seton Austin Marathon presented by Under Armour						