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** 2 miles easy	25 30mins easy	26 30mins easy 6x (3mins run, 2 mins walk)	27 OFF	28 20mins	29 30mins	30 Track - 30mins (jog the curves, run the straights)

DECEMBER 2019

Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2 miles	2 OFF	3 40mins easy 8x (3mins run, 2mins walk)	4 20mins easy	5 30mins hilly	6 30mins easy	7 Track - 40mins (jog the curves, run the straights)
8 4 miles	9 OFF	10 40mins 8x (4mins run, 1min jog)	11 30mins easy	12 40mins hilly	13 30mins easy	14 Track - 50mins (jog the curves, surge the straights)
15 6 miles	16 OFF	17 50mins 10x (4mins run, 1min jog)	18 30mins easy	19 Hill repeats - 40mins include 5x (1min up, 3min walk down)	20 40mins easy	21 Track - 60mins (jog the curves, surge the straights)
22 8 miles	23 OFF	24 Track - 60mins (8x400m at goal pace, 1min rest in between)	25 30mins easy	26 Hill repeats - 50mins include 5x (2min up, 3min jog down)	27 40mins easy	28 40mins easy
29 10 miles	30 OFF	31 Track - 60mins (5x1000m at goal pace, 1min rest in between)				

JANUARY 2020

Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 40mins easy	2 hill repeats 60mins - 5x (2min up, 3min down) end 2 miles at race goal pace	3 30mins easy	4 40mins easy
5 12 miles	6 OFF	7 Track - 60mins (5x1600m at goal pace, 1min rest in between)	8 40mins easy	9 hill repeats 70mins - 5x (2min up, 3min down) end 3 miles at race goal pace	10 30mins easy	11 40mins easy
12 14 miles	13 OFF	14 40mins easy	15 Track - 60mins (5x2000m at goal pace, 1min rest in between)	16 30mins easy	17 70mins hilly	18 40mins easy
19 16 miles	20 OFF	21 30mins easy	22 70mins include 5 miles at race goal pace	23 30mins easy	24 80mins hilly	25 40mins easy
26 18 miles	27 OFF	28 30mins easy	29 80mins include 6 miles at race goal pace	30 30mins easy	31 90mins hilly	

FEBRUARY 2020

Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 40mins easy
2 20miles	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 5x3mins 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**						