



NOVEMBER 2019

Monthly 5K 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 15mins easy	25 5x (2min run, 3min walk)	26 20mins easy	27 OFF	28 5x (3min run, 2min walk)	29 15mins easy	30 Track - 5min w/up 5 laps (walk the curves, jog the straights)



DECEMBER 2019

Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 20mins easy	2 OFF	3 Track - 20mins (5x200m at race goal pace, 1min rest in between)	4 4x (4min run, 2min walk)	5 20mins hilly	6 20mins easy	7 Track - 5min w/up 6 laps (walk the curves, jog the straights)
8 25mins easy	9 OFF	10 Track - 30mins (5x400m at race goal pace, 1min rest in between)	11 6x (4min run, 1min walk)	12 25mins hilly	13 25mins easy	14 Track - 5min w/up 7 laps (walk the curves, jog the straights)
15 30mins easy	16 OFF	17 Track - 30mins (4x600m at race goal pace, 1min rest in between)	18 30mins easy	19 30mins hilly	20 30mins walk	21 Track - 5min w/up 8laps (walk the curves, jog the straights)
22 35mins easy	23 OFF	24 Track - 40mins (3x800m at race goal pace, 1min rest in between)	25 30mins easy	26 Hill repeats 5min warm-up 5x (2min jog up, 3min walk down)	27 30mins walk	28 Track - 5min w/up 6 laps (walk the curves, jog the straights)
29 40mins easy	30 OFF	31 Track - 60mins (3x1000m at race goal pace, 1min rest in between)				



JANUARY 2020

Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 30mins easy	2 Hill repeats 5min w/up 5x (2min surge up, 3min walk down)	3 30mins walk	4 Track - 5min w/up 7 laps (walk the curves, jog the straights)
5 45mins easy	6 OFF	7 Track - 60mins (3x1200m at race goal pace, 1min rest in between)	8 30mins easy	9 Hill repeats 5min w/up 5x (2min jog up, 3min jog down)	10 30mins walk	11 Track - 5min w/up 8 laps (walk the curves, jog the straights)
12 50mins easy	13 OFF	14 Track - 60mins (3x1400m at race goal pace, 1min rest in between)	15 30mins easy	16 Hill repeats 5min w/up 5x (2min surge up, 3min jog down)	17 30mins walk	18 Track - 5min w/up 9 laps (walk the curves, jog the straights)
19 55mins easy	20 OFF	21 Track - 60mins (2x1600m at race goal pace, 1min rest in between)	22 30mins walk	23 Hill repeats 5min w/up 5x (2min surge up, 3min jog down) 1 mile at race pace	24 OFF	25 Track - 5min w/up 10 laps (walk the curves, jog the straights)
26 60mins easy	27 OFF	28 Track - 60mins (2x2000m at race goal pace, 1min rest in between)	29 30mins walk	30 Hill repeats 5min w/up 5x (2min surge up, 3min walk down) 2 miles at race pace	31 OFF	



FEBRUARY 2020

Monthly Training Plan by Coach Barny Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 15mins easy with 6x15sec pick-ups
2 5-10min w/up with a few pick-ups 3 miles at race pace goal	3 OFF	4 30mins with 6x 30sec pick-ups	5 45mins easy	6 20mins easy	7 40mins easy	8 Track - 60mins (8x400m at goal pace, 1min rest in between)
9 OFF	10 30mins with 6x30sec pick-ups	11 20mins easy	12 30mins with 5x 2mins at goal race pace, 2mins rest in between	13 20mins easy	14 OFF	15 15mins easy with 6x15sec pick-ups
16 Austin Marathon KXAN Simple Health 5K benefiting Paramount Theatre						