



pace
SPORTS FITNESS

DECEMBER MAINTENANCE

GOAL: BRIDGE TRAINING BETWEEN FALL AND WINTER CLINIC

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Week	Phase	Date	Day	Workout	Purpose	Comments
		11-Dec	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	19	12-Dec	Tue	30-60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
25KM	4hrs to 5hrs	13-Dec	Wed	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
50KM	5.5hrs to 6hrs	14-Dec	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		15-Dec	Fri	30-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		16-Dec	Sat	LONG STEADY RUN: 2-3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		17-Dec	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		18-Dec	Mon	45min easy run	Build Endurance	this is a good week for recovery. You may want to run on
WEEK	20	19-Dec	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
25KM	3hrs 15min	20-Dec	Wed	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
50KM	4hrs	21-Dec	Thu	50KM ONLY: 45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		22-Dec	Fri	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		23-Dec	Sat	LONG STEADY RUN: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		24-Dec	Sun	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		25-Dec	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	21	26-Dec	Tue	30-60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
25KM	4hrs to 5hrs	27-Dec	Wed	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
50KM	5.5hrs to 6hrs	28-Dec	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		29-Dec	Fri	30-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		30-Dec	Sat	LONG STEADY RUN: 2- 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		31-Dec	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.