

One Step One

Weekly Sample to increase Endurance

December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4 Come Run at Moody Ales 6:30 pm	5	6 Run 30 min , walk 1 min , run 3 min	7	8 Run straight 33 minutes
9 Optional day - 33 min run Or go for a good walk	10 Active recovery - walk, swim, yoga class, light spin class	11	12 Run 33, walk 1 min, run 3 min	13	14 Run 36 minutes straight	15
16 Run 36 minutes straight	17	18 Easy run 33 minutes	19	20 Easy run 33 minutes	21	22 Easy run 30 minutes or Active recovery - walk, swim, yoga class, light spin class
23 Run 36 min, walk 1 min, run 4 min	24	25 Run 36 minutes	26	27 Run 40 minutes	28	29 Active recovery - walk, swim, yoga class, light spin class
30 Run 40, walk 1 min, run 4 min	31					