

One Step One

Weekly Sample to increase Endurance

June/July 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			19 Run 30 min YAHOO!	20	21 Run 30 minutes SLOW	22
23 Run 30 minutes SLOW	24	25	26 Run 30 minutes SLOW	27	28 Run 30 min , walk 1 min , run 3 min	29
30 Run straight 33 minutes	1	2 Run straight 33 minutes	3	4 Run straight 33 minutes	5	6 Run 33 minutes, Walk 1 minute, Run 3 minutes
7	8 Run 36 minutes straight SLOW	9	10 Run 36 minutes straight	11	12 Run 36 minutes straight	13
14	15 Run 33 minutes easy SLOW	16	17 Run 30 minutes easy SLOW	18	19 Run 36 min, walk 1 min, run 4 min	20
21	22 Run 40 minutes SLOW					