

# NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rest	2 3 miles	3 HIIT or Tabata Workout + 10' Upper Strength	4 Rest	5 2 miles + 4 x 1 minute Hill Repeats	6 Rest	7 6 miles
8 Rest	9 3 miles	10 HIIT or Tabata Workout + 10' Upper Strength	11 Rest	12 2 miles + 5 x 1 minute Hill Repeats	13 Rest	14 6 miles
15 Rest	16 3 miles	17 HIIT or Tabata Workout + 10' Upper Strength	18 Rest	19 2 miles + 6 x 1 minute Hill Repeats	20 Rest	21 6 miles
22 Rest	23 3 miles	24 HIIT or Tabata Workout + 10' Upper Strength	25 Rest	26 2 miles + 7 x 1 minute Hill Repeats	27 Rest	28 6 miles
29 Rest	30 3 miles					