

OCTOBER 2020 RUNNING CALENDAR

Focus on consistency

| | <u>SUN</u> | <u>MON</u> | <u>TUES</u> | <u>WED</u> | <u>THURS</u> | <u>FRI</u> | <u>SAT</u> |
|-----------------|-----------------------|-------------------------------------|--------------------------------------|-----------------------|---------------------------------------|--|-------------------------------------|
| 7 miles | | | | | 1 3 mile easy paced run | 2 Strength Workout (3 sets x 15 reps of 4-5 exercises) | 3 4 miles (easy pace) |
| 13 miles | 4 Rest day | 5 3 miles (easy pace) | 6 3 miles (tempo pace) | 7 Rest day | 8 3 mile easy paced run | 9 Strength Workout (3 sets x 15 reps of 4-5 exercises) | 10 4 miles (easy pace) |
| 15 miles | 11 Rest day | 12 3 miles (easy pace) | 13 4 miles (tempo pace) | 14 Rest day | 15 3 mile easy paced run | 16 Strength Workout (3 sets x 15 reps of 4-5 exercises) | 17 5 miles (easy pace) |
| 15 miles | 18 Rest day | 19 3 miles (easy pace) | 20 4 miles (tempo pace) | 21 Rest day | 22 3 mile easy paced run | 23 Strength Workout (3 sets x 15 reps of 4-5 exercises) | 24 5 miles (easy pace) |
| 17 miles | 25 Rest day | 26 4 miles (easy pace) | 27 4 miles (tempo pace) | 28 Rest day | 29 3 mile easy paced run | 30 Strength Workout (3 sets x 15 reps of 4-5 exercises) | 31 6 miles (easy pace) |

OCTOBER 2020 RUNNING CALENDAR

Challenge: Complete a 10 mile run at the end of October // Focus on strengthening our upper and lower body

| <u>Ng</u> | <u>SUN</u> | <u>MON</u> | <u>TUES</u> | <u>WED</u> | <u>THURS</u> | <u>FRI</u> | <u>SAT</u> |
|-----------------|-----------------------|----------------------------------|-----------------------------------|--|------------------------------------|--|-----------------------------------|
| 8 miles | | | | | 1 3 mile easy paced run | 2 Upper Body Strength (3 sets x 15 reps of 4-5 exercises) | 3 5 miles (easy pace) |
| 14 miles | 4 Rest day | 5 3 miles (easy pace) | 6 3 miles (tempo pace) | 7 Lower Body Strength (3 sets x 15 reps of 4-5 exercises) | 8 3 mile easy paced run | 9 Upper Body Strength (3 sets x 15 reps of 4-5 exercises) | 10 6 miles (easy pace) |
| 17 miles | 11 Rest day | 12 3 miles (easy pace) | 13 4 miles (tempo pace) | 14 Lower Body Strength (3 sets x 15 reps of 4-5 exercises) | 15 3 mile easy paced run | 16 Upper Body Strength (3 sets x 15 reps of 4-5 exercises) | 17 7 miles (easy pace) |
| 18 miles | 18 Rest day | 19 3 miles (easy pace) | 20 4 miles (tempo pace) | 21 Lower Body Strength (3 sets x 15 reps of 4-5 exercises) | 22 3 mile easy paced run | 23 Upper Body Strength (3 sets x 15 reps of 4-5 exercises) | 24 8 miles (easy pace) |
| 21 miles | 25 Rest day | 26 4 miles (easy pace) | 27 4 miles (tempo pace) | 28 Lower Body Strength (3 sets x 15 reps of 4-5 exercises) | 29 3 mile easy paced run | 30 Upper Body Strength (3 sets x 15 reps of 4-5 exercises) | 31 10 miles (easy pace) |

OCTOBER 2020 RUNNING CALENDAR: Notes

- The best challenge is the one that works for you and your lifestyle. Start where you're at and build from there.
- The first calendar focuses on building consistency in your running. This calendar is perfect for someone who has maybe taken a break from running and wants to get back into a routine.
- The second calendar is for those who want a bit more of a challenge and want to build up to a 10 mile long run. It is also a great choice for those who want to get ready for half marathon or full marathon training.
- You do not need to do 100% of the workouts scheduled. The point of the challenge is to stay consistent with your running and build endurance in order to complete a mini long run at the end of the month depending on which calendar you are using. Make this challenge your own.
- The strength training days are optional. If you need extra rest, use it as a rest day. If you want to focus on building strength, then follow through with the workouts. I left it up to you to decide what you do for your strength workouts. Do what you love!
- Here are some ideas for upper body strength moves:
 - bicep curls, hammer curls, tricep kickbacks, tricep dips, pushups, shoulder raises, supermen, lateral arm raises, upright row, lateral row.
- Here are some ideas for lower body strength moves;
 - squats, lunges (frontward & backwards) side lunges, deadlifts, good mornings, sumo squats, squat pulses, single leg squats, calf raises, butt lifts
- Tempo pace is: about 80-90% of your Vo2max OR around 85% max heart rate OR about 15-30 seconds per mile faster than your marathon time goal race pace. It should be difficult to carry on a conversation with somebody when running this pace.
- I will be sharing how I complete the Challenge on [Instagram stories](#). I would love to see you over there!
- I would love even more to see your progress as you work through the challenge! Please tag me ([@allaboutmarathontraining](#)) or use the hashtag #runningchallengeaamt so I can see your runs and workouts!
- Feel free to share the challenge with your other running friends or want-to-be-runner friends! I would love to meet them too!
- You are a runner. You got this!