



September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2 3 easy miles (Fleet Feet Group Run)	3 Rest	4 1 mile warmup; 8 x :45 hill repeats; 1 mile cooldown	5 Rest	6 3 easy miles	7 8 MILE GROUP RUN	8 Rest
9 5 easy miles (Fleet Feet Group Run)	10 Rest	11 1 mile warmup; 6x800m w/ 200m rest; 1 mile cooldown	12 Rest	13 3 easy miles	14 9 MILE GROUP RUN	15 Rest
16 5 easy miles (Fleet Feet Group Run)	17 Rest	18 1 mile warmup; 3 mi tempo run; 1 mile cooldown	19 Rest	20 3 easy miles	21 6 MILE GROUP RUN	22 Rest
23 5 easy miles (Fleet Feet Group Run)	24 Rest	25 1 mile warmup; 8x 2:00 hard/1:00 easy; 1 mile cooldown	26 Rest	27 3 easy miles	28 10 MILE GROUP RUN	29 Rest
30 5 easy miles (Fleet Feet Group Run)						



Monday Night Social Runs

Fleet Feet Athens hosts FREE social group runs from the store every Monday night. Come join the fun & bring a friend. No registration required but be sure to check-in on the Fleet Feet app to earn miles towards rewards

Wednesday Workouts Defined

Wednesdays are your workout days but what do these descriptions mean:

- Hill repeats: run uphill hard and recover back down.
- Tempo runs: faster than your normal pace that should make conversation difficult.

Wednesday Workouts Defined (cont.)

- 2:00 hard/1:00 easy: you run hard (@ 5k race pace) for 2 minutes and then run as easy as needed to recover for 1 minute and repeat.
- 6x800m: run 6 repeats of ½ mile at a pace hard but that's maintainable for entire workout (1 track lap is 400m)