

St. Elmo



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Recovery	Train and/or "easy" 20:00	Runday	Yoga-Train and/or "easy" 20:00	Runday	Recovery or Yoga	Long Runday
Zero Week	1/5/2020	1/6/2020	1/7/2020	1/8/2020	1/9/2020	1/10/2020	1/11/2020
Week 1	1/12/2020	LAUNCH DAY	1/14/2020	St. Elmo Runners	1/16/2020	1/17/2020	1/18/2020
			0.5 miles		0.5 miles		1
Week 2	1/19/2020	1/20/2020	1/21/2020	St. Elmo Runners	1/23/2020	1/24/2020	1/25/2020
	3M Half Marathon		0.5 miles	MADabolic Austin afterwards	1		1.5 or ATX Sprint Squad
Week 3	1/26/2020	1/27/2020	1/28/2020	St. Elmo Runners	1/30/2020	1/31/2020	2/1/2020
			Patagonia Austin Trail Night		1.5		2
Week 4	2/2/2020	2/3/2020	2/4/2020	St. Elmo Runners	2/6/2020	2/7/2020	2/8/2020
	Patagonia Austin Yoga		1.5		2		2.5
Week 5	2/9/2020	2/10/2020	2/11/2020	St. Elmo Runners	2/13/2020	2/14/2020	2/15/2020
		RIDE Indoor Spin - Downtown	2		2	Antiques "Bomb Run" at The Loop Austin	2.5
Week 6	2/16/2020	2/17/2020	2/18/2020	St. Elmo Runners	2/20/2020	2/21/2020	2/22/2020
	Austin Half and Full Marathon		2.5 with hills	Athletic Outcomes	2		3
Week 7	2/23/2020	2/24/2020	2/25/2020	St. Elmo Runners	2/27/2020	2/28/2020	2/29/2020
	Eastside Beer Runners Trail Run		3		3		3.5 split race effort
Week 8	3/1/2020	3/2/2020	3/3/2020	St. Elmo Runners	3/5/2020	3/6/2020	3/7/2020
			4 with hills		3 with negative splits		4
Week 9	3/8/2020	3/9/2020	3/10/2020	St. Elmo Runners	3/12/2020	3/13/2020	3/14/2020
			4		3.5 w pick ups		4.5
Week 10	3/15/2020	3/16/2020	3/17/2020	St. Elmo Runners	3/19/2020	3/20/2020	3/21/2020
	Dog Running Green Belt Run		3 with hills		4 with negative splits		5 at race effort
Week 11	3/22/2020	3/23/2020	3/24/2020	St. Elmo Runners	3/26/2020	3/27/2020	3/28/2020
	Patagonia Austin Yoga		3 with hills		3 with pick ups		5.5
Week 12	3/29/2019	3/30/2019	3/31/2019	St. Elmo Runners	4/2/2019	4/3/2019	4/4/2019
			2 race effort		3 "easy"		SHAKEOUT
Week 13	RACE DAY	Medal Monday + Run/Walk					
	6.2						
Week 14	RECOVERY WEEK						

NOTES

TO DO
