

December 2016

◀ November 2016		December 2016					January 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 On your own 40-45 min run 6x60 meter strides 5x5 pull ups/50push ups/ 50 sit ups	2 On your own 40-50 min run 6x60 meter strides Stretch	3 On your own 50-55min run DST	
4	5 3pm @BK Run 35 min Lift in ATC	6 3pm @BK Run 35 min Lift in ATC	7 On your own 45-50 6xstrides Stretch	8 3PM @BK Run 35 min Lift in ATC	9 On your own 45-50 min 6xstrides	10 On your own 55-60 min run DST	
11	12 Finals Week On your own all week 45-50 min 6xstrides	13	14	15	16	17 Y X-Mas Run or 55-60 min run DST	
18	19 X-Mas Break On your own 45-50 min run 6xstrides Body weight squat/push ups/ sit ups/dips	20 Run either Long, medium speed ladder 10 easy then 4/5/6/6/5/4-half of rep time for recovery then 10 DST or 45-50 min run 6xstrides	21 45-50 min run 6xstrides stretch body weight squats push ups/sit ups/dips	22 Either 6x2min easy hill climbs or 10/12/14 progressive or 45-50 min run DST	23 45-50 min run 6xstrides body weight squats push ups/sit ups/dips	24 X-Mas Eve 55-60 min run if possible or rest	
25 X-Mas	26 45-50 min run 6xstrides Body weight squats push ups/sit ups/dips	27 Either 4x1min hill climbs/10min tempo/4x1min hill or Negative split: 25 out 20 back DST	28 45-50 min run 6xstrides Stretch	29 Either 10/12/14 progressive or 2/3/4/5/4/3/2 or 45-50 min run DST	30 45-50 min run 6xstrides Stretch	31 55-60 min run DST	