



# January <sup>20</sup>/<sub>21</sub>



monday	tuesday	wednesday	thursday	friday	saturday	sunday
				1	2	3
				5km Time Trial or suggested Benchmark WO		
No Run 4	Endurance 5	No Run 6	Endurance 7	No Run 8	Either No Run or Long Endurance 9	If No Run yesterday Long Endurance 10
No Run 11	Endurance 12	No Run 13	Dynamic Mobility Drills 14	No Run 15	Either No Run or Long Endurance 16	If No Run yesterday Long Endurance 17
No Run 18	Dynamic Mobility Drills 19	No Run 20	Dynamic Mobility Drills 21	No Run 22	Long Endurance 23	No Run 24
Walk, Fartlek, Jog, Cool down 25	No Run 26	Walk/Easy Run 27	No Run 28 <small>If benchmark testing on 30th</small> Easy Run 28 <small>If benchmark testing on 31st</small>	No Run 29	Complete 5km benchmark 30	Complete 5km benchmark 31