

◀ Aug 2020		September 2020					Oct 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
6	7 Labor Day 15 min easy running Dynamic Drills 4x 40m-60m Striders (Start at 75% Effort and get faster every rep, walk backrest)	8 15 min of walking Dynamic Drills Strength Routine	9 15 min segment run (1 min surge @ 70% effort every 5 min, should be 16 min total for the workout) Dynamic Drills 4x 40m-60m Striders (Start at 75% Effort and get faster every rep, walk backrest)	10 Complete Rest	11 Patriot Day 15 min easy running Dynamic Drills 4x 40m-60m striders (Start at 75% Effort and get faster every rep, walk backrest)	12 Rest	
13	14 15 min easy running Dynamic Drills 4x 40m-60m Striders (Start at 75% Effort and get faster every rep, walk backrest)	15 15 min of walking Dynamic Drills Strength Routine	16 20 min segment run (1 min surge @ 70% effort every 5 min, should be 21 total minutes for the workout) Dynamic Drills 4x 40m-60m Striders (Start at 75% Effort and get faster every rep, walk backrest)	17 Complete Rest	18 15 min easy running Dynamic Drills 4x 40m-60m striders (Start at 75% Effort and get faster every rep, walk backrest)	19 Rest	
20	21 20 min segment run (1 min surge @ 70% effort every 5 min) Dynamic Drills 4x 40m-60m Striders (Start at 75% Effort and get faster every rep, walk backrest)	22 Start of Fall (Autumnal Equinox) 20 min of walking Dynamic Drills Strength Routine	23 8 min easy running to warm up Dynamic Drills 4x Striders 5x 1 min @ 70% effort w/ 1 min rest 8 min easy running to cool down	24 Complete Rest	25 15 min easy running Dynamic Drills 4x 40m-60m striders (Start at 75% Effort and get faster every rep, walk backrest)	26 20 min easy running Dynamic Drills	
27	28 15 min easy running Dynamic Drills 4x 40m-60m Striders (Start at 75% Effort and get faster every rep, walk backrest)	29 20 min of walking Dynamic Drills Strength Routine	30 20 min segment run (1 min surge @ 70% effort every 5 min) Dynamic Drills 4x 40m-60m Striders (Start at 75% Effort and get faster every rep, walk backrest)				