



# FEBRUARY 2022

- Choose any 4 days during the week to run
- All runs should be aerobic base
- Keep heart rate low
- Recommended HR: 180 minus your age or resting heart rate x 2-2.5
- Consider easy running or walk running

Goal: Have fun, be positive, pace yourself, leave some energy and happy legs for a strong finish!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 <b>3 Miles</b>	2	3 <b>5 Miles</b>	4	5 <b>3 Miles</b>
6 <b>Long Run 8 Miles</b>	7	8 <b>3 Miles</b>	9	10 <b>5 Miles</b>	11	12 <b>3 Miles</b>
13 <b>Long Run 10K</b>	14	15 <b>3 Miles</b>	16	17 <b>5 Miles</b>	18	19 <b>3 Miles</b>
20 <b>Long Run 11 Miles</b>	21	22 <b>3 Miles</b>	23	24 <b>5 Miles</b>	25	26 <b>3 Miles</b>
27 <b>Long Run 8 Miles</b>	28	1 <b>3 Miles</b>	2	3 <b>3 Miles</b>	4	5 <b>3 Miles</b>

Livermore Valley Half Marathon March 6th - 7:30am

