

T2F

WINTER & SPRING TRAINING CALENDAR

2010



January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5 25 min	6 Hockey	7 25 min	8	9 35 min	10
11 Stretching	12 A - 3 run & 1 walk x 6 reps B - 24 min	13 Hockey	14 A - 3 run & 1 walk x 6 reps B - 24 min	15 Rest	16 A - 3 run & 1 walk x 7 reps B - 28 min	17 Active Recovery
18 Stretching	19 A - 4 run & 1 walk x 5 reps B - 25 min	20 Hockey	21 A - 4 run & 1 walk x 5 reps B - 25 min	22 Rest	23 A - 4 run & 1 walk x 6 reps B - 30 min	24 Active Recovery
25 Stretching	26 A - 6 run & 1 walk x 4 reps B - 28 min	27 Hockey	28 A - 6 run & 1 walk x 4 reps B - 28 min	29 Rest	30 A - 6 run & 1 walk x 5 reps B - 35 min	31 Active Recovery

2010

Option A is for those who are returning to running following an extended break to help you get back on track.
Option B is for those who have been running regularly.

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Stretching	2 A - 7 run & 1 walk (25 min) B - 25 min	3 Hockey	4 A - 7 run & 1 walk (25 min) B - 25 min	5 Rest	6 A - 7 run & 1 walk (40 min) B - 40 min	7 Active Recovery
8 Stretching	9 A - 10 run & 1 walk (25 min) B - 25 min	10 Hockey	11 A - 10 run & 1 walk (25 min) B - 25 min	12 Rest	13 A - 10 run & 1 walk (40 min) B - 40 min	14 Active Recovery
15 Stretching	16 A - 10 run & 1 walk (25 min) B - 25 min	17 Hockey	18 A - 10 run & 1 walk (25 min) B - 25 min	19 Rest	20 A - 10 run & 1 walk (40 min) B - 40 min	21 Active Recovery
22 Stretching	23 A - 15 run & 1 walk (25 min) B - 25 min	24 Hockey	25 A - 15 run & 1 walk (25 min) B - 25 min	26 Rest	27 A - 15 run & 1 walk (45 min) B - 45 min	28 Active Recovery

2010

**Ability is what you are capable of doing.
 Motivation determines what you do.
 Attitude determines how well you do it.**
 --Lou Holtz

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Stretching	2 25 min	3 Hockey	4 25 min	5 Rest	6 30 min	7 Active Recovery
8 Stretching	9 25 min	10 Hockey	11 25 min	12 Rest	13 T2F TEAM Challenge	14 Active Recovery
15 Stretching	16 25 min	17 Hockey	18 Leap Frog	19 Rest	20 40 min	21 Active Recovery
22 Stretching	23 25 min	24 Hockey	25 Hills x 5	26 Rest	27 45 min	28 Active Recovery
29 Stretching	30 25 min	31 Hockey				
<p>The five S's of sports training are: Stamina, Speed, Strength, Skill and Spirit; but the greatest of these is Spirit. --Ken Doherty</p>						

2010

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 30/30/60	2 Rest	3 40 min	4 Active Recovery
5 Stretching	6 25 min	7 Hockey	8 Leap Frog	9 Rest	10 45 min	11 Active Recovery
12 Stretching	13 25 min	14 Hockey	15 Hills x 5	16 Rest	17 50 min	18 Active Recovery
19 Stretching	20 25 min	21 Hockey	22 30/30/60	23 25 min	24 Rest	25 Burton's Pond 5 km
26 Stretching	27 25 min	28 Hockey	29 Leap Frog	30 Rest		

2010

"Life's battles don't always go to the strongest or fastest man, But sooner or later the man who wins is the fellow who thinks he can."

May

2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 40 min	2 Active Recovery
3 Active Recovery or Stretching	4 25 min	5 Hockey	6 Hills x 6	7 Rest	8 45 min	9 Active Recovery
10 Stretching	11 25 min	12 Hockey	13 30/30/60	14 Rest	15 50 min	16 Active Recovery
17 Stretching	18 25 min	19 Hockey	20 Leap Frog	21 Rest	22 50 min	23 Active Recovery
24 Stretching	25 25 min	26 Hockey	27 Hills x 6	28 Rest	29 60 min	30 Active Recovery
31 Stretching	"Do a little more each day than you think you possibly can." Lowell Thomas					

June

2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 25 min	2 Hockey	3 30/30/60	4 Rest	5 60 min	6 Active Recovery
7 Stretching	8 25 min	9 Hockey	10 25 min	11 Rest	12 5 Miles 5 Hills	13 Active Recovery
14 Tely 10 Training Begins	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Running is a mental sport...and we're all insane!
 ... Anonymous