

## October 2018 SHADOWCHASE RUNNING CLUB TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 <b>PEACE OFFICERS MEMORIAL RUN</b>	8	9	10	11	12	13 <b>Riverbank Run for the Cheese 5K/10K</b> <hr/> <b>SCTT Info Meeting</b>
14	15 Rest Day	16 Ind. Workout Run or Walk 20-30 minutes	17 Ind. Workout Run or Walk 20-30 minutes	18 Ind. Workout Run or Walk 20-30 minutes	19 Rest Day	20
21	22 Rest Day <hr/> <b>SCTT Info Meeting</b>	23 Ind. Workout Run or Walk 30-45 minutes	24 Ind. Workout Run or Walk 30-45 minutes	25 Ind. Workout Run or Walk 30-45 minutes	26 Rest Day	27 <b>TRM Halloween Fun Run 5K/10K East La Loma Park</b> <hr/> <b>SCTT Info Meeting</b>
28	29 Rest Day	30 Ind. Workout Run or Walk 45-60 minutes	31 Ind. Workout Run or Walk 45-60 minutes			

# November 2018 SHADOWCHASE RUNNING CLUB TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
SCTT = ShadowChase Training Team *optional workout - may cross train instead				Ind. Workout Run or Walk 45-60 minutes	Rest Day	<b>SCTT Begins!</b> Group Workout East La Loma Park 2-3 miles (or 30 minutes)
4	5	6	7	8	9	10
SCTT Ind. Workout Full = 3 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 3 miles Half = 2 miles	SCTT Ind. Workout Full = 3 miles Half = 2 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full/Half = 3 miles
11	12	13	14	15	16	17
SCTT Ind. Workout Full = 3 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 3 miles Half = 2 miles	SCTT Ind. Workout Full = 3 miles Half = 2 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full/Half = 4 miles
18	19	20	21	22	23	24
SCTT Ind. Workout Full = 3 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 3 miles Half = 2 miles	<b>THANKSGIVING DAY</b> SCTT Ind. Workout Full = 3 miles Half = 2 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full/Half = 5 miles
25	26	27	28	29	30	
SCTT Ind. Workout Full = 3 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 3 miles Half = 2 miles	SCTT Ind. Workout Full = 3 miles Half = 2 miles	SCTT Rest Day	

## December 2018 SHADOWCHASE TRAINING TEAM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
SCTT = ShadowChase Training Team *optional workout - may cross train instead						SCTT Group Workout East La Loma Park Full/Half = 6 miles
2	3	4	5	6	7	8
SCTT Ind. Workout Full = 3 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 4 miles Half = 3 miles	SCTT Ind. Workout Full = 4 miles Half = 3 miles	SCTT Rest Day	Spirit of Giving Race Full = 4 miles + SofG Half = 2 miles + SofG
9	10	11	12	13	14	15
SCTT Ind. Workout Full = 3 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 4 miles Half = 3 miles	SCTT Ind. Workout Full = 4 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full/Half = 8 miles
16	17	18	19	20	21	22
SCTT Ind. Workout Full = 3 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 4 miles Half = 3 miles	SCTT Ind. Workout Full = 4 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full = 10 miles Half = 8 miles
23	24	25	26	27	28	29
SCTT Ind. Workout Full = 3 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	<b>CHRISTMAS DAY</b> SCTT Ind. Workout Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 4 miles Half = 3 miles	SCTT Ind. Workout Full = 4 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full = 8 miles Half = 6 miles
30	31					
SCTT Ind. Workout Full = 3 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train					

# January 2019 SHADOWCHASE TRAINING TEAM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
SCTT = ShadowChase Training Team *optional workout - may cross train instead		<b>NEW YEAR'S DAY</b> SCTT Ind. Workout Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 4 miles Half = 3 miles	SCTT Ind. Workout Full = 4 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full = 12 miles Half = 8 miles
6	7	8	9	10	11	12
SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 5 miles Half = 4 miles	SCTT Ind. Workout Full = 5 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full = 10 miles Half = 6 miles
13	14	15	16	17	18	19
SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 5 miles Half = 4 miles	SCTT Ind. Workout Full = 5 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full = 14 miles Half = 10 miles
20	21	22	23	24	25	26
SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 5 miles Half = 4 miles	SCTT Ind. Workout Full = 5 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout East La Loma Park Full = 10 miles Half = 8 miles
27	28	29	30	31		
SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 5 miles Half = 4 miles	SCTT Ind. Workout Full = 5 miles Half = 3 miles		

## February 2019 SHADOWCHASE TRAINING TEAM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>SCTT = ShadowChase Training Team</b> *optional workout - may cross train instead					1 SCTT Rest Day	2 SCTT Group Workout Full = 12 miles Half = 10 miles	
	3 SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	4 SCTT Rest Day Cross Train	5 SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	6 SCTT Ind. Workout* Full = 5 miles Half = 4 miles	7 SCTT Ind. Workout Full = 5 miles Half = 3 miles	8 SCTT Rest Day	9 SCTT Group Workout East La Loma Park Full = 16 miles Half = 12 miles
	10 SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	11 SCTT Rest Day Cross Train	12 SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	13 SCTT Ind. Workout* Full = 5 miles Half = 4 miles	14 SCTT Ind. Workout Full = 5 miles Half = 3 miles	15 SCTT Rest Day	16 SCTT Group Workout Full = 12 miles Half = 10 miles
	17 SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	18 SCTT Rest Day Cross Train	19 SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	20 SCTT Ind. Workout* Full = 5 miles Half = 4 miles	21 SCTT Ind. Workout Full = 5 miles Half = 3 miles	22 SCTT Rest Day	23 SCTT Group Workout Full = 18 miles Half = 12 miles
	24 SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	25 SCTT Rest Day Cross Train	26 SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	27 SCTT Ind. Workout* Full = 5 miles Half = 4 miles	28 SCTT Ind. Workout Full = 5 miles Half = 3 miles		

## March 2019 SHADOWCHASE TRAINING TEAM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
SCTT = ShadowChase Training Team *optional workout - may cross train instead					SCTT Rest Day	SCTT Group Workout Full = 10 miles Half = 10 miles
3	4	5	6	7	8	9
SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Roseburg Square Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 5 miles Half = 4 miles	SCTT Ind. Workout Full = 5 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout Full = 20 miles Half = 12 miles
10	11	12	13	14	15	16
SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 5 miles Half = 4 miles	SCTT Ind. Workout Full = 5 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout Full = 12 miles Half = 8 miles
17	18	19	20	21	22	23
SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train	SCTT Group Workout Full/Half = 3-4 miles	SCTT Ind. Workout* Full = 5 miles Half = 4 miles	SCTT Ind. Workout Full = 5 miles Half = 3 miles	SCTT Rest Day	SCTT Group Workout Full = 6 miles Half = 6 miles
24	25	26	27	28	29	30
SCTT Ind. Workout Full = 4 miles SLOW Half = 2 miles SLOW	SCTT Rest Day Cross Train LIGHT	SCTT Group Workout Full/Half = 2-3 miles EASY!	SCTT Rest Day	SCTT Rest Day	SCTT Rest Day	Modesto Marathon Expo Rest/Stay Off Feet
31						
RACE DAY Full/Half Marathon & 5K						

## April 2019 SHADOWCHASE TRAINING TEAM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SCTT Ind. Workout RECOVERY Full = 3 miles WALK Half = 2 miles WALK	2 SCTT Ind. Workout RECOVERY Full = 3-4 miles WALK Half = 2-4 miles WALK	3 SCTT Ind. Workout RECOVERY Full = 3-4 miles WALK Half = 2-4 miles WALK	4 SCTT Rest Day	5 SCTT Rest Day	6 <b>Official End of Training Season!!</b>
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				