

FEB 2020 CALENDAR FOR RUNNERS



FREE PDF PRINTABLE!



FEBRUARY 2020



GET FASTER IN FEB WITH THIS LIST:

- WRITE YOUR MAIN GOAL FOR THE MONTH
- PLAN YOUR WORKOUTS EACH WEEK
- CREATE A 30 MINUTE TEMPO PLAYLIST
- CHOOSE A MANTRA THAT MAKES YOU FEEL FAST
- FULL BODY CHECK IN & TAKE NOTES
- USE YOUR MANTRA DURING A LONG RUN
- FOCUS ON PROPER ARM SWING
- DO STRIDES AFTER AN EASY RUN
- CHECK YOUR GEAR & REPLACE AS NEEDED
- RUN HILL REPEATS

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Get more information on RunEatRepeat.com

Get *FASTER* this month
with these tips!