

**#RUNZONE AC 2018 Saturday/Sunday Club Run Training Plan**

Compiled by Graham Block 072-276 9635 Tersia Block 082 901 5657 Candis Lubbe 084 371 0123

Runs co-ordinated by Graham Block 072 276 9635 Tersia Block 082 901 5657 Candis Lubbe 084 371 0123  
**Please note: Do not be put off by distances advertised there is always an alternate shorter route marked out for that day. Route advertised could possibly change on the day but the distance will remain the same. Feel free to join us.**

Date	Time	Training / Club Run	Distances
<b>January</b>			
Sat 06 Jan 18	5:30/6:00	Last long run for Johnson	35.25.20.15.10.5
Sun 07 Jan 18	5:30/6:00	Pick n Pay do Max 25	35.25.20.15.10.5
Sat 13 Jan 18	5:30/6:00	Recovery from Johnson Max15	25.20.15.10.5
Sun 14 Jan 18	5:30/6:00	Build up to Pick n Pay 25	25.20.15.10.5
Sat 20 Jan 18	5:30/6:00	Last long run for Pick n Pay	35.25.20.15.10.5
Sun 21 Jan 18	5:30/6:00	Recovery from Johnson Max20	35.25.20.15.10.5
Sat 27 Jan 18	5:30/6:00	Pick n Pay do Max 25	25.20.15.10.5
Sun 28 Jan 18	5:30/6:00	<b>No Club Run Supporting Race</b>	<b>42/21/10</b>

<b>February</b>			
Sat 03 Feb 18	5:30/6:00	Pick n Pay Max 20	35.25.20.15.10.5
Sun 04 Feb 18	5:30/6:00	Last Long Runs Deloittes/Vaal	35.25.20.15.10.5
Sat 10 Feb 18	5:30/6:00	Deloittes Max 25	30.25.20.15.10.5
Sun 11 Feb 18	5:30/6:00	<b>No Club Run Supporting Race</b>	<b>42/21/5</b>
Sat 17 Feb 18	5:30/6:00	Last Long Runs Sarens/ODD	30.25.20.15.10.5
Sun 18 Feb 18	5:30/6:00	<b>No Club Run Supporting Race</b>	<b>21</b>
Sat 24 Feb 18	5:30/6:00	Last Long Run Jackie Gibson	<b>30.25.20.15.10.5</b>
Sun 25 Feb 18	5:30/6:00	<b>No Club Run Supporting Race</b>	<b>42/21/10</b>

<b>March</b>			
Sat 03 Mar 18	5:30/6:00	<b>TWO OCEANS LONG RUNS</b>	<b>40. 30. 20. 10</b>
Sun 04 Mar 18	5:30/6:00	<b>No Club Run Supporting Race</b>	<b>42/21</b>
Sat 10 Mar 18	5:30/6:00	ODD and TwoOceans PrepRun	25.20.15.10.5
Sun 11 Mar 18	5:30/6:00	<b>No Club Run Supporting Race</b>	
Sat 17 Mar 18	5:30/6:00	<b>No Club Runs ODD</b>	
Sun 18 Mar 18	5:30/6:00	Jackie Gibson Max 20	25.20.15.10.5
Sat 24 Mar 18	5:30/6:00	<b>HOSTING THIS EVENT</b>	<b>CMIYC</b>
Sun 25 Mar 18	5:30/6:00	<b>RUN ZONE EVENT</b>	<b>21.10.5</b>
Sat 31 Mar 18	5:30/6:00	<b>No Club Runs</b>	

<b>April</b>			
Sun 01 Apr 18	5:30/6:00	<b>NO CLUB RUNS</b>	
Sat 07 Apr 18	5:30/6:00	Loskop Max 25	25.20.15.10.5
Sun 08 Apr 18	5:30/6:00	Benoni 50k and Wally Max 25	25.20.15.10.5
Sat 14 Apr 18	5:30/6:00	Maintain Max 25	25.20.15.10.5
Sun 15 Apr 18	5:30/6:00	<b>No Club Run Supporting Race</b>	<b>42/21/10</b>
Sat 21 Apr 18	5:30/6:00	Benoni 50k and Wally Max 20	20.15.10.5
Sun 22 Apr 18	5:30/6:00	Benoni 50k and Wally Max 20	20.15.10.5
Fri 27 Apr 18	TBA	Max 21 if you doing Marathons next weekend	
Sat 28 Apr 18	5:30/6:00	Max 20 if you doing Marathons ne	20.15.10.5
Sun 29 Apr 18	5:30/6:00	<b>No Club Run Supporting Race</b>	<b>50/42/21/10/5</b>

<b>May</b>			
Tue 01 May 18	<b>04.30am</b>	<b>RAC LOOOONG RUN 60km</b>	<b>60km</b>
Sat 05 May 18	5:30/6:00	Maintain Max 25	25.20.15.10.5
Sun 06 May 18	5:30/6:00	Maintain Max 25	25.20.15.10.5
Sat 12 May 18	5:30/6:00	Maintain Max 25	25.20.15.10.5
Sun 13 May 18	5:30/6:00	Maintain Max 25	25.20.15.10.5
Sat 19 May 18	5:30/6:00	Maintain Max 25	25.20.15.10.5
Sun 20 May 18	5:30/6:00	Maintain Max 20	25.20.15.10.5
Sat 26 May 18	5:30/6:00	Pre Comrades breakfast run	20.15.10.5
Sun 27 May 18	5:30/6:00	Pre Comrades breakfast run	20.15.10.5

<b>June</b>			
Sat 02 Jun 18	6:30/7:00	<b>COMRADES MAX 20</b>	25.20.15.10.5
Sun 03 Jun 18	6:30/7:00	<b>COMRADES MAX 20</b>	25.20.15.10.5
Sat 09 Jun 18	6:30/7:00	<b>NO CLUB RUNS</b>	<b>NO CLUB RUNS</b>
Sun 10 Jun 18	6:30/7:00	<b>COMRADES MARATHON</b>	
Sat 16 Jun 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sun 17 Jun 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sat 23 Jun 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sun 24 Jun 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sat 30 Jun 18	6:30/7:00	Maintain Fitness	20.15.10.5

**Feature Races and Club Championship Events**

<b>Kudu's 15</b>
Eersterust 21/10/5
<b>Dischem 21/5</b>
George Classen 21/10/5
<b>Garbie 32 Springs Striders 32</b>
Ottosdal Marathon 42
<b>Johnson 42/21/10</b>

Bidvest 21/21/5
<b>Bobbies 21/10/5 SAPS Gauteng</b>
Bronkhorstspuit 32/10
<b>Pick n Pay 42/21/5</b>
Tuks 42/21/10/5
<b>Pirates 21</b>
Deloittes Marathon 21/42 Township 42/21/10

Sunrise Monster 32/10
Vaal 42/21 <b>Born2Run 32/15</b>
Bobbies Pretoria 21/10
<b>Edenvale 42/21 Sarens</b>
<b>Om Die Dam 21/50</b>
<b>Gallopers 15</b>
<b>Catch Me If You Can (CMIYC) LADIES EVENT</b>
<b>Run Zone AC Jo-Burg Challenge 21/10/5</b>
<b>TWO OCEANS</b>

<b>NO CLUB RUNS</b>
Ford 21/10/5
<b>Allan Rob 32/15/5 Modern/Irene 48 Ultra</b>
Freedom road runners 21/10/5
<b>Jackie Gibson 42/21/10</b>
<b>Loskop 50</b>
<b>Birchwood 21/10/</b>
<b>Cradle of Human Kind 32/21/10/5</b>
City of Tshwane 21/10/5
<b>Robor Scaffolding 50/42/21/10/5</b>

<b>Wally Hayward 42/21/10 JM Marathon 42/21</b>
The Love Run 21/10/5
<b>Colgate 32/15 Boksburg RAC LONG RUN</b>
Jackie Mekler 25/10/5
<b>Race of Faith 21/10/5</b>
<b>RAC 10</b>

<b>MTN 21/10</b>
<b>NO CLUB RUNS</b>
<b>COMRADES MARATHON</b>
<b>Orlando 21/10/5</b>
<b>Northgate 10</b>

Date	Time	Training / Club Run	Distances
<b>July</b>			
Sun 01 Jul 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sat 07 Jul 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sun 08 Jul 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sat 14 Jul 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sun 15 Jul 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sat 21 Jul 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sun 22 Jul 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sat 28 Jul 18	6:30/7:00	Maintain Fitness	20.15.10.5
Sun 29 Jul 18	6:30/7:00	Maintain Fitness	20.15.10.5
<b>August</b>			
<b>PLEASE NOTE CHANGE OF START TIME BACK TO 05.30AM &amp; 06.00AM</b>			
Sat 04 Aug 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sun 05 Aug 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sat 11 Aug 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sun 12 Aug 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sat 18 Aug 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sun 19 Aug 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sat 25 Aug 18	5:30/6:00	Maintain Fitness	35. 25.20.15.10.5
Sun 26 Aug 18	5:30/6:00	Maintain Fitness	35. 25.20.15.10.5
<b>September</b>			
Sat 01 Sep 18	5:30/6:00	Maintain Fitness	30.25.20.15.10.5
Sun 02 Sep 18	5:30/6:00	Maintain Fitness	30.25.20.15.10.5
Sat 08 Sep 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sun 09 Sep 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sat 15 Sep 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sun 16 Sep 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sat 22 Sep 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sun 23 Sep 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sat 29 Sep 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sun 30 Sep 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
<b>October</b>			
Sat 06 Oct 18	5:30/6:00	Maintain Fitness	35. 25.20.15.10.5
Sun 07 Oct 18	5:30/6:00	Maintain Fitness	35. 25.20.15.10.5
Sat 13 Oct 18	5:30/6:00	Maintain Fitness	30.25.20.15.10.5
Sun 14 Oct 18	5:30/6:00	Maintain Fitness	30.25.20.15.10.5
Sat 20 Oct 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sun 21 Oct 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sat 27 Oct 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sun 28 Oct 18	5:30/6:00	Maintain Fitness	20.15.10.5
<b>November</b>			
Sat 03 Nov 18	5:30/6:00	<b>No Club Run Supporting Race</b>	<b>42/21/10</b>
Sun 04 Nov 18	5:30/6:00	<b>No Club Runs</b>	<b>42/21/10</b>
Sat 10 Nov 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sun 11 Nov 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sat 17 Nov 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sun 18 Nov 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sat 24 Nov 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sun 25 Nov 18	5:30/6:00	Maintain Fitness	20.15.10.5
<b>December</b>			
Sat 01 Dec 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sun 02 Dec 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sat 08 Dec 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sun 09 Dec 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sat 15 Dec 18	5:30/6:00	Maintain Fitness	30.25.20.15.10.5
Sun 16 Dec 18	5:30/6:00	Maintain Fitness	30.25.20.15.10.5
Sat 22 Dec 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sun 23 Dec 18	5:30/6:00	Maintain Fitness	25.20.15.10.5
Sat 29 Dec 18	5:30/6:00	Maintain Fitness	20.15.10.5
Sun 30 Dec 18	5:30/6:00	Christmas morning guilt free run	20.15.10.5

Feature Races and Club Championship Events
<b>Northgate 10</b>
<b>Rundela 27 27/5</b>
<b>Panorama 10</b>
<b>Pirates 10</b>
<b>Old Eds 21km</b>
<b>Arthro Choice Midrand 21/10</b>
<b>Wanderers 10/21</b>
<b>Adrienne Hersch Challenge 21/10/5</b>
<b>Awesome Ladies 10/5</b>
<b>Fred Morrison 21/10/5</b>
<b>Gerald Fox 21/10</b>
<b>Cape Town Marathon 42/21/10</b>
<b>Born 2 Run 21/10</b>
<b>Burger &amp; Co 15</b>
<b>Diepkloof 21/10</b>
<b>Kaapsehoop 42/21/10</b>
<b>Soweto 42/21/10</b>
<b>94.7 Cycle Challenge</b>
<b>RAC City Lodge Tough One 32</b>
<b>Orlando 21/10/5</b>

Compiled by Graham Block 072-276 9635 & Tersia Block 082-901 5657

<b>January 2019</b>			
Sat 05 Jan 19	8:00	<b>RAC NEW YEARS Breakfast run</b>	13
Sun 06 Jan 19	6:00	Last Long Run Johnson	35. 25.20.15.10.5
Sat 12 Jan 19	6:00	Cut Back Johnson	25.20.15.10.5

<b>NO CLUB RUN</b>
<b>Kudu's 15km</b>