



JULY

TRAINING CALENDAR

2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
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 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	28	29 Saturday Long Run Green Point VA Club 6:30-9:30
30	31	The person who starts the race is not the same person who finishes the race.				

Track Thursday Locations

CPT - Green Point Stadium
JHB - University of Johannesburg

Goals



AUGUST

TRAINING CALENDAR

2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	4	5 Saturday Long Run Willowbridge Parking Lot 6:30-9:30
6	7	8	9 Women's Day	10 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	11	12 Saturday Long Run Constantia VA Club 6:30-9:30
13	14	15	16	17 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	18	19 Saturday Long Run Table View VA Club 6:30-9:30
20	21	22	23	24 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	25	26 Saturday Long Run Green Point VA Club 6:30-9:30
27	28	29	30	31 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30		

"Our running shoes have magic in them. The power to transform a bad day into a good day; frustration into speed; self-doubt into confidence; chocolate cake into muscle." – Mina Samuels

Track Thursday Locations

CPT – Green Point Stadium
JHB – University of Johannesburg

Goals



SEPTEMBER

TRAINING CALENDAR

2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2 Saturday Long Run Constantia VA Club 6:30-9:30
3	4	5	6	7 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	8	9 Saturday Long Run Table View VA Club 6:30-9:30
10	11	12	13	14 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	15	16 Saturday Long Run Willowbridge Parking Lot 6:30-9:30
17	18	19	20	21 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	22	23 Saturday Long Run Green Point VA Club 6:30-9:30
24	25	26	27	28 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	29	30 Saturday Long Run Constantia VA Club 6:30-9:30

“The real purpose of running isn’t to win a race. It’s to test the limits of the human heart.” – Bill Bowerman

Track Thursday Locations

CPT – Green Point Stadium
JHB – University of Johannesburg

Goals



OCTOBER

TRAINING CALENDAR

2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5 Track Thursday CT 17:00-18:00 Jhb 17:30-18:30	6	7 Saturday Long Run Table View VA Club 6:30-9:30
8	9	10	11	12	13	14 RACE DAY 5/10km Road Race 11/22/46km Trail Run
15 RACE DAY 42.2km Marathon	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

“If you want to run, then run a mile. If you want to experience another life,
run a marathon.” – Emil Zatopek

Track Thursday Locations

CPT – Green Point Stadium
JHB – University of Johannesburg

Goals
