



CR's Ultra Marathon 50K 2020

# June 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11 RUN! 7-8K Anywhere!	12	13	14 <b>12-14K Long Run</b>
15	16 STEADY 8K Steady Run	17 EASY 6K Easy Run	18 STEADY 9K Steady Run	19	20	21 <b>16K Long Run</b>
22	23 BUILD 9K Build EZ, Steady, Push	24	25 The REID Loops with 6 Hills in a 1 Hour Run	26 EASY 5K Easy Run	27	28 <b>18K Long Run</b>
29	30 LegSpeed 3K + 4 X 2 Min HD then 4 Min EZ		 <p>Respect for ourselves guides our morals; respect for others guides our manners. Laurence Sterne</p>			
						 <b>CONNOR'S RUNNERS</b>

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# July 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 HILLS 7 Hills in 8K of Running	3	4	5 <b>8K Easy + 16K SPECIAL</b>
6	7 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 5x	8	9 PYLONS 8 Total Hills run in thirds/quarters	10 TEMPO 2K warm-up + 5K Tempo Run	11	12 <b>20K Long Run</b>
13	14 Pyramid 1-2-3-4-3-2-1 Min HD then EZ	15	16 HILLS 9 Hills in 10K of Running	17	18	19 <b>7K Easy + 22K Long Run</b>
20	21 H.I.I.T. 3K Warm-up + 10x45s HD 2:15 EZ	22 BUILD 9K Build EZ, Steady, Push	23 The REID Loops with 6 Hills in a 1 Hour Run	24	25	26 <b>24K Long Run</b>
27	28 LegSpeed 3K + 6 X 2 Min HD then 4 Min EZ	29	30 PYLONS 10 Total Hills run in thirds/quarters	31		
<b>CONNOR'S RUNNERS</b>					<p>“Most of us serve our <b>IDEALS</b> by fits and <b>STARTS</b>. The person who makes a <b>SUCCESS</b> of living is the one who sees his goal steadily and aims for it unswervingly. That is <b>DEDICATION</b>.</p> <small>Decil B. BeMille</small>	

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# August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2 <b>12K Easy + 16K SPECIAL</b>
3	4 Pyramid 1-2-3-4-5-4-3-2-1 Min HD then EZ	5 Hill Billy Rolling, Hilly Route of 10K	6 TEMPO 2K warm-up + 8K Tempo Run	7	8	9 <b>25K Long Run + 10K Run</b>
10	11 H.I.I.T. 3K Warm-up + 10x45s HD 2:15 EZ	12	13 HILLS 9 Hills in 10K of Running	14 EASY 7K Easy Run	15	16 <b>28K Long Run</b>
17	18 ENDURE 3K + 5 X 4 Min HD then 2 Min EZ	19 STEADY 9K Steady Run	20 PYLONS 10 Total Hills run in thirds/quarters	21	22	23 <b>30K Challenging Long Run</b>
24	25 KRISTA 8K @ RP by Feel – NO WATCH	26	27 TEMPO 2K warm-up + 8K Tempo Run	28	29	30 <b>12K Easy + 16K SPECIAL</b>
31			<p>If it doesn't challenge you, it won't change you.</p> <p><small>CUPERO.COM</small></p>			

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# September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 6x	2	3 The REID Loops with 6 Hills in a 1 Hour Run	4 BUILD 9K Build by 3K EZ, Steady, Push	5	6 <b>28K Long Run + 12K Run</b>
7	8 Leg Speed 3K + 6 X 2 Min HD then 4 Min EZ	9 Hill Billy Rolling, Hilly Route of 10K	10 TEMPO 2K warm-up + 8K Tempo Run	11	12	13 <b>32K Challenging Long Run</b>
14	15 H.I.I.T. 3K Warm-up + 12x45s HD 2:15 EZ	16 FLUSH 12K Flush Out Run	17 SPEED 3K Warm-up + 5 X 1K FAST!	18	19	20 <b>36K Long Run</b>
21	22 ENDURE 3K + 5 X 4 Min HD then 2 Min EZ	23	24 PYLONS 10 Total Hills run in thirds/quarters	25	26	27 <b>16K Easy + 16K SPECIAL</b>
28	29 Fartleks 9K Run of Fartleks	30		A mind that is stretched by new experiences can never go back to its old dimensions.		
						<b>CONNOR'S RUNNERS</b>

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# October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 TEMPO 2K warm-up + 8K Tempo Run	2 EASY 6K Easy Run	3	4 <b>40K Long Run</b>
5	6 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 6x	7 STEADY 9K Steady Run	8 SPEED 3K Warm-up 6 X 1K FAST!	9	10	11 <b>28K Long Run + 14K Run</b>
12	13 H.I.T 3K Warm-up + 12x45s HD 2:15 EZ	14	15 EASY 8K Easy Run	16	17	18 <b>42.2K Long Run</b>
19	20 FLUSH 8K Flush Out the legs Run	21	22 STEADY 12K Steady Run	23 EASY 8K Easy Run	24	25 <b>24K Long Run</b>
26	27 BUILD 12K Build EZ, @RP, Stronger	28	29 Fartleks 8K Fartlek Run	30	31	1 <b>16K Long Run</b>
			<b>SET GOALS</b> <small>STAY QUIET ABOUT THEM</small> <b>SMASH THE SHIT OUT OF THEM</b> <small>CLAP FOR YOUR DAMN SELF</small> <b>REPEAT</b> <small>COMPETE EVERY DAY</small>			

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# November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3 STEADY 10K Steady Run	4 EASY 6K Easy Run	5	6 EASY 4K Easy with Accelerations	7	8 <b>CR's 50K Ultra Marathon!</b>
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



**CONNOR'S  
RUNNERS**

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