



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
					12-14K Long Run	
15	16 STEADY 8K Steady Run	17 EASY 6K Easy Run	18 STEADY 9K Steady Run	19	20	21
					16K Long Run	
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
					18K Long Run	
29	30 LegSpeed 3K + 4 X 2 Min HD then 4 Min EZ					



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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 8K Easy + 16K SPECIAL
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 20K Long Run
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 7K Easy + 22K Long Run
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 24K Long Run
27	28 LegSpeed 3K + 6 X 2 Min HD then 4 Min EZ	29	30 PYLONS 10 Total Hills run in thirds/quarters	31		

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August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 12K Easy + 16K SPECIAL	2
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 25K Long Run + 10K Run	9
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 28K Long Run	16
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 30K Challenging Long Run	23
24	25 KRISTA 8K @ RP by Feel – NO WATCH	26	27 TEMPO 2K warm-up + 8K Tempo Run	28	29 12K Easy + 16K SPECIAL	30
31			<p>If it doesn't challenge you, it won't change you.</p> <p><small>cutano.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 28K Long Run + 12K Run
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 32K Challenging Long Run
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 36K Long Run
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 16K Easy + 16K SPECIAL
28	29 Fartleks 9K Run of Fartleks	30				

A mind that is stretched by new experiences can never go back to its old dimensions.



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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 <div style="border: 1px solid black; padding: 5px; text-align: center;">40K Long Run</div>	
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 <div style="border: 1px solid black; padding: 5px; text-align: center;">28K Long Run + 14K Run</div>	
12	13 H.I.I.T 3K Warm-up + 12x45s HD 2:15 EZ	14	15 EASY 8K Easy Run	16	17 18 <div style="border: 1px solid black; padding: 5px; text-align: center;">42.2K Long Run</div>	
19	20 FLUSH 8K Flush Out the legs Run	21	22 STEADY 12K Steady Run	23 EASY 8K Easy Run	24 25 <div style="border: 1px solid black; padding: 5px; text-align: center;">24K Long Run</div>	
26	27 BUILD 12K Build EZ, @RP, Stronger	28	29 Fartleks 8K Fartlek Run	30	31 1 <div style="border: 1px solid black; padding: 5px; text-align: center;">16K Long Run</div>	

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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 CR's 50K Ultra Marathon!
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



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