



Around the Bay 30K 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 8-10K Long Run	
15	16 STEADY 8K Steady Run	17 EASY 6K Easy Run	18 STEADY 8K Steady Run	19	20-21 12K 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 14K 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 6K 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 18K Long Run
13	14 Pyramid 1-2-3-4-3-2-1 Min HD then EZ	15	16 STEADY 9K Steady Run	17	18	19 7K Easy + 14K 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 20K Long Run
27	28 LegSpeed 3K + 6 X 2 Min HD then 4 Min EZ	29	30 PYLONS 8 Total Hills run in thirds/quarters	31		

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August 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 7K Easy + 16K SPECIAL	2
3	4 Pyramid 1-2-3-4-3-2-1 Min HD then EZ	5 Hill Billy Rolling, Hilly Route of 7K	6 TEMPO 2K warm-up + 6K Tempo Run	7	8 20K Long Run & 4x1Min HD	9
10	11 H.I.I.T. 3K Warm-up + 10x45s HD 2:15 EZ	12	13 HILLS 8 Hills in 8K of Running	14 EASY 6K Easy Run	15 22K Long Run	16
17	18 ENDURE 3K + 5 X 4 Min HD then 2 Min EZ	19 STEADY 7K Steady Run	20 PYLONS 10 Total Hills run in thirds/quarters	21	22 22K Long Run & 4x1Min HD	23
24	25 1-2Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 5x	26	27 TEMPO 2K warm-up + 6K Tempo Run	28	29 8K Easy + 16K SPECIAL	30
31			<p>If it doesn't challenge you, it won't change you.</p> <p><small>curtano.com</small></p>			

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September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Pyramid 1-2-3-4-3-2-1 Min HD then EZ	2	3 The REID Loops with 6 Hills in a 1 Hour Run	4 BUILD 9K Build by 3K EZ, Steady, Push	24K Long Run	
7	8 Leg Speed 3K + 6 X 2 Min HD then 4 Min EZ	9 Hill Billy Rolling, Hilly Route of 7K	10 TEMPO 2K warm-up + 6K Tempo Run	11	24K Challenging Long Run	
14	15 H.I.I.T. 3K Warm-up + 12x45s HD 2:15 EZ	16	17 SPEED 3K Warm-up + 4 X 1K FAST!	18	21K Quick Run (CR ½)	
21	22 ENDURE 3K + 5 X 4 Min HD then 2 Min EZ	23	24 PYLONS 10 Total Hills run in thirds/quarters	25 EASY 8K Easy Run	28K Long Run	
28	29 The REID Loops with 6 Hills in a 1 Hour Run	30		<div style="background-color: black; color: white; padding: 20px; text-align: center;"> <p>A mind that is stretched by new experiences can never go back to its old dimensions.</p> </div>		

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October 2020





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 TEMPO 2K warm-up + 6K Tempo Run	2 EASY 6K Easy Run	3	4 26K Challenging Long Run
5	6 1-2 Punch 1 HD, 2 EZ – 2 HD, 1EZ. Repeat 6x	7 STEADY 9K Steady Run	8 HILLS 10 Hill Repeats	9	10	11 30K Long Run
12	13 H.I.I.T. 3K Warm-up + 12x45s HD 2:15 EZ	14	15 EASY 9K Easy Run	16	17	18 21K Quick Run (CR ½ II)
19	20 KRISTA 8K @ RP by Feel – NO WATCH	21 Hill Billy Rolling, Hilly Route of 7K	22 SPEED 3K Warm-up 5 X 1K FAST!	23	24	25 24K Long Run
26	27 LegSpeed 3K + 6 X 2 Min HD then 4 Min EZ	28 EASY 6K Easy Run	29 Fartleks 8K of Fartleks	30	31	33K Long Run

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November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3 FLUSH 8K Flush Out the legs Run	4	5 BUILD 9K Build EZ, @RP, Stronger	6 EASY 7K Easy Run	7 19K Long Run 8	
9	10 STEADY 8K Steady Run	11 RP RUN 6K Mostly @ Race Pace	12 STEADY 7K Steady Run	13	14 12K Long Run 15	
16	17 RacePace 6K Run with Middle 2K @ RP	18	19 EASY 30 Min Super EZ	20	21 EASY 3K Easy with Accelerations	22 Around the Bay 30K!
23	24	25	26	27	28	29
30						

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