

## 2021 CR's Spring 30K

# January 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 12K Long Run	28	29 STEADY 8K Steady Run	30	31 EASY 8K Farewell to 2020 Run	1 EASY 6-10K AM Resolution RUN	2
3 14K Long Run	4	5 BUILD 9K Build EZ, Med, Strong	6 FLOAT 6K "Feel the Float" Run	7 HILLS 7 Hill Repeats	8	9
10 16K Long Run	11	12 <b>1-2Punchx5</b> 1min HD 2min EZ 2min HD 1 min EZ	13	14 PYLONS 3 Sets	15	16 TEMPO 5K Tempo Run
17 18K Long Run	18	19 H.I.I.T. 3K + 10x45s HD Then 2:15 EZ	20 FLOAT 7K "Feel the Float" Run	21 HILLS 9 Hill Repeats	22	23
24 <b>16K Special</b>	25	26 Pyramid 1-2-3-4-3-2-1 Min HD then EZ	27	28 PYLONS 4 Sets	29	30 TEMPO 7K Tempo Run
31 21K Long Run	<b>CHALLENGE = OPPORTUNITY</b>					

## 2021 CR's Spring 30K



# February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	<b>2 1-2Punchx6</b> 1min HD 2min EZ 2min HD 1 min EZ	<b>3 FLOAT</b> 8K "Feel the Float" Run	<b>4 The REID</b> 3K + 30Min Hills + 3K cool down	5	6
<b>7</b> 23K Long Run	<b>8</b>	<b>9 SHintervals</b> 3k+ 7 x 2min HD 4 min EZ	<b>10</b>	<b>11 BUILD</b> 12K Build by 4K	<b>12</b>	<b>13 TEMPO</b> 8K Tempo Run
<b>14</b> 26K Long Run	<b>15</b>	<b>16 Lintervals</b> 3k+ 6 x 4min HD 2 min EZ	<b>17 FLOAT</b> 6K "Feel the Float" Run	<b>18 HILLS</b> 10 Hill Repeats	<b>19</b>	<b>20 TEMPO</b> 8K Tempo Run
<b>21</b> <b>16K Special</b>	<b>22</b>	<b>23 Pyramid</b> 1-2-3-4-4-3-2-1 Min HD then EZ	<b>24</b>	<b>25 PYLONS</b> 4 Sets	<b>26 EASY</b> 6-8K Recovery Run	<b>27</b>
<b>28</b> 29K Long Run						
<p><b>Stop doubting yourself, making excuses, and talking yourself out of it....just Shut up and RUN!</b></p>						

# 2021 CR's Spring 30K

## March 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <b>The REID</b> 3K + 30Min Hills + 3K cool down	3 <b>FLOAT</b> 6K "Feel the Float" Run	4 <b>HILLS</b> 10 Hill Repeats	5	6
7 32K Long Run	8	9 <b>SHintervals</b> 3k+ 7 x 2min HD 4 min EZ	10	11 <b>BUILD</b> 9K Build by 3K	12	13 <b>TEMPO</b> 8K Tempo Run
14 20K Long Run	15	16 <b>RacePace</b> 2K + 6x1K @ RP 1 min recovery	17	18 <b>Fartleks</b> 7K Run with 3K of Fartleks	19 <b>EASY</b> 6K Easy Run	20
21 30K Long Run	22	23 <b>EASY</b> 8K Easy Run	24	25 <b>EASY</b> 7K Super Easy	26	27 <b>BURSTS</b> 3K Run with 10 speed bursts
28 <b>30K Race Day!</b>	29	30	31			

