

2021 IMMT 70.3 Run Only

January 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 8K 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 10K Long Run	4	5 BUILD 9K Build EZ, Med, Strong	6	7 HILLS 6 Hill Repeats	8	9
10 12K Long Run	11	12 1-2Punchx5 1min HD 2min EZ 2min HD 1 min EZ	13	14 PYLONS 3 Sets	15	16
17 12K Long Run	18	19 H.I.I.T. 3K + 8x45s HD Then 2:15 EZ	20	21 HILLS 7 Hill Repeats	22	23
24 12K Special	25	26 Pyramid 1-2-3-4-3-2-1 Min HD then EZ	27	28 PYLONS 3 Sets	29	30
31 14K Long Run	CHALLENGE = OPPORTUNITY					

2021 IMMT 70.3 Run Only



February 2021

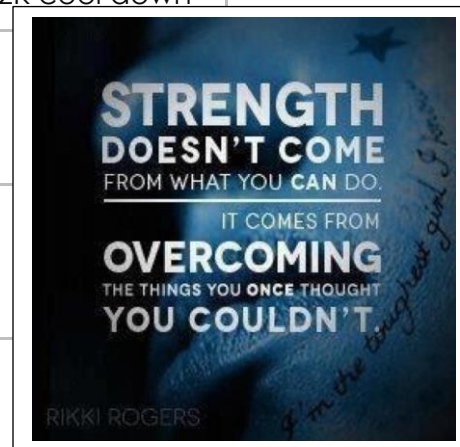
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 1-2Punchx6 1min HD 2min EZ 2min HD 1 min EZ	3	4 The REID 3K + 30Min Hills + 2K cool down	5	6
7 16K Long Run	8	9 SHintervals 3k+ 6 x 2min HD 4 min EZ	10	11 BUILD 9K Build by 3K	12	13
14 16K Long Run	15	16 Lintervals 3k+ 5 x 4min HD 2 min EZ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

2021 IMMT 70.3 Run Only

March 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 The REID 3K + 30Min Hills + 2K cool down	3	4 HILLS 9 Hill Repeats	5	6
7 18K Long Run	8	9 SHintervals 3k+ 6 x 2min HD 4 min EZ	10	11 PYLONS 4 Sets	12	13
14 20K Long Run	15	16 Lintervals 3k+ 5 x 4min HD 2 min EZ	17	18 BUILD 9K Build by 3K	19	20
21 16K Special	22	23 Pyramid 1-2-4-2-1-2-4-2-1 Min HD then EZ	24	25 The REID 3K + 30Min Hills + 2K cool down	26	27
28 15K Long Run	29	30 IN/OUTS 3K+ 12X Straight HD Curve EZ + 2K	31			



2021 IMMT 70.3 Run Only



April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 April Fools 10K of Runners Choice!	2	3
4 16K Long Run	5	6 H.I.I.T. 3K + 10x45s HD Then 2:15 EZ	7	8 TEMPO 10K Tempo Run	9	10
11 18K Long Run	12	13 IN/OUTS 3K+ 12X Straight HD Curve EZ + 2K	14	15 STEADY 9K Steady Run	16	17
18 16K Special	19	20 TRACK 5x1200m – Build by lap (Med,HD,GO!)	21	22 Fartleks 7K Run with 3K of Fartleks	23	24
25 20K Long Run	26	27 STEADY 8K Steady Run	28	29 FLOAT 8K "Feel the Float" Run	30	
<p>The name of the game this month is speed work. Fast Spring legs are just a half dozen speed workouts away!</p>						

2021 IMMT 70.3 Run Only

May 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 BURSTS 3K With quick bursts
2 CR's HALF MARATHON	3	4 H.I.I.T. 3K + 10x45s HD Then 2:15 EZ	5	6 HILLS Trail Hills 8 Repeats	7	8
9 15K Long Run	10	11 IN/OUTS 3K+ 12X Straight HD Curve EZ + 2K	12	13 Fartleks 7K Run with 3K of Fartleks	14	15
16 16K Special	17	18 SHintervals 3k+ 7 x 2min HD 4 min EZ	19	20 TEMPO 10K Tempo Run	21	22
23 20K Long Run	24	25 Lintervals 3k+ 6 x 4min HD 2 min EZ	26	27 FLOAT 8K "Feel the Float" Run	28	29
30 22K Long Run	31					

2021 IMMT 70.3 Run Only



June 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1 TRACK 4x400m 2x800m 1x400m (Fastest)	2	3 The REID 3K + 30Min Hills + 2K cool down	4	5
6 25K Long Run	7	8 H.I.I.T. 3K + 10x45s HD Then 2:15 EZ	9	10 TEMPO 8K Tempo Run	11	12
13 18K Long Run	14	15 IN/OUTS 3K+ 16X Straight HD Curve EZ + 2K	16	17 STEADY 8K Steady Run	18	19
20 10K Long Run	21	22 EASY 7K Super Easy Run	23	24 EASY 6K Easy Run	25	26
27 RACE DAY!	28	29	30			
<p>Summer, Summer, Summer, Summer!!! Let's go swimming! Okay, AFTER the run!</p>						