

2021 CR's Spring 25K Trail

January 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 10K 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 12K 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 14K Long Run	11	12 1-2Punchx5 1min HD 2min EZ 2min HD 1 min EZ	13	14 PYLONS 3 Sets	15	16 TEMPO 5K Tempo Run
17 16K Long Run	18	19 H.I.I.T. 3K + 10x45s HD Then 2:15 EZ	20 FLOAT 6K "Feel the Float" Run	21 HILLS 9 Hill Repeats	22	23
24 16K Special	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 16K Long Run	CHALLENGE = OPPORTUNITY					

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February 2021

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

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March 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 The REID 3K + 30Min Hills + 3K cool down	3 FLOAT 6K "Feel the Float" Run	4 HILLS 10 Hill Repeats	5	6
7 Banner 20K Long Run Week	8 EASY 9K Easy Run	9 SHintervals 3k+ 6 x 2min HD 4 min EZ	10 BUILD 9K Build by 3K Last 3K FAST!	11 PYLONS 4 Sets	12 EASY 8K Easy Run	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 TEMPO 8K Tempo Run
21 16K Special	22	23 Pyramid 1-2-4-2-1-2-4-2-1 Min HD then EZ	24 FLOAT 8K "Feel the Float" Run	25 The REID 3K + 30Min Hills + 3K cool down	26	27 HILLYRUN 10K with Rolling Hills
28 24K Long Run	29	30 IN/OUTS 3K+ 10X Straight HD Curve EZ + 2K	31 FLOAT 8K "Feel the Float" Run			



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April 2021

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

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May 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 TEMPO 8K Tempo Run
2 20K Long Run	3	4 TRACK 5x1200m – Build by lap (Med,HD,GO!)	5 FLOAT 6K "Feel the Float" Run	6 Easy Trail 8K Trail Run	7	8
9 11K Long Run	10	11 STEADY 8K Steady Run	12	13 EASY 8K Super Easy	14	15 BURST 3K Easy with speed bursts
16 TRAIL RUN DAY!	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					