

## 2021 CR's Spring 50K Trail

# January 2021



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

# 2021 CR's Spring 50K Trail



# February 2021

| SUNDAY  | MONDAY    | TUESDAY  | WEDNESDAY                                  | THURSDAY  | FRIDAY                                 | SATURDAY  |
|---|-----------|--|--|---|--|---|
|   | 1         | <b>2 1-2Punchx6</b><br>1min HD 2min EZ<br>2min HD 1 min EZ | <b>3 FLOAT</b><br>8K "Feel the Float" Run  | <b>4 The REID</b><br>3K + 30Min Hills +<br>3K cool down | 5                                      | 6   |
| <b>7</b><br>23K Long Run  | <b>8</b>  | <b>9 SHintervals</b><br>3k+ 7 x 2min HD<br>4 min EZ        | <b>10</b>                                  | <b>11 BUILD</b><br>12K Build by 4K                      | <b>12</b>                              | <b>13 TEMPO</b><br>8K Tempo Run   |
| <b>14</b><br>26K Long Run   | <b>15</b> | <b>16 Lintervals</b><br>3k+ 6 x 4min HD<br>2 min EZ        | <b>17 FLOAT</b><br>6K "Feel the Float" Run | <b>18 HILLS</b><br>10 Hill Repeats                      | <b>19</b>                              | <b>20 TEMPO</b><br>10K Tempo Run  |
| <b>21</b><br><b>16K Special</b>   | <b>22</b> | <b>23 Pyramid</b><br>1-2-3-4-4-3-2-1<br>Min HD then EZ     | <b>24</b>                                  | <b>25 PYLONS</b><br>4 Sets                              | <b>26 EASY</b><br>6-8K Recovery<br>Run | <b>27</b>   |
| <b>28</b><br>28K 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 50K Trail

# March 2021



| SUNDAY   | MONDAY                              | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY                         | SATURDAY  |
|--|-------------------------------------|---|--|--|--------------------------------|---|
|  | 1                                   | 2 <b>The REID</b><br>3K + 30Min Hills +<br>3K cool down   | 3 <b>FLOAT</b><br>6K "Feel the<br>Float" Run       | 4 <b>HILLS</b><br>10 Hill Repeats                        | 5                              | 6   |
| 7 <b>Banner</b><br>30K Long Run<br><b>Week</b> | 8 <b>EASY</b><br>12-15K Easy<br>Run | 9 <b>SHintervals</b><br>3k+ 7 x 2min HD<br>4 min EZ       | 10 <b>BUILD</b><br>9K Build by 3K<br>Last 3K FAST! | 11 <b>PYLONS</b><br>4 Sets                               | 12 <b>EASY</b><br>15K Easy Run | 13  |
| 14<br>34K Long Run                             | 15                                  | 16 <b>Lintervals</b><br>3k+ 6 x 4min HD<br>2 min EZ       | 17   | 18 <b>BUILD</b><br>12K Build by 4K                       | 19                             | 20 <b>TEMPO</b><br>10K Tempo Run                |
| 21<br><b>24K Special</b>                       | 22                                  | 23 <b>Pyramid</b><br>1-2-4-2-5-2-4-2-1<br>Min HD then EZ  | 24 <b>FLOAT</b><br>8K "Feel the<br>Float" Run      | 25 <b>The REID</b><br>3K + 30Min Hills +<br>3K cool down | 26                             | 27 <b>HILLYRUN</b><br>10K with<br>Rolling Hills |
| 28<br>36K Long Run                             | 29                                  | 30 <b>IN/OUTS</b><br>3K+ 12X Straight HD<br>Curve EZ + 2K | 31 <b>FLOAT</b><br>10K "Feel the<br>Float" Run     |  |                                |   |
|  |                                     |   |  |  |                                |   |



# 2021 CR's Spring 50K Trail



# April 2021

| SUNDAY   | MONDAY | TUESDAY  | WEDNESDAY                              | THURSDAY                                   | FRIDAY                                 | SATURDAY                   |
|--|--------|--|--|--|--|----------------------------|
|  |        |  |  | 1 April Fools<br>15K of Runners<br>Choice! | 2                                      | 3 TRAILS<br>20K Trail Run  |
| 4<br>20K Long Run  | 5      | 6 H.I.I.T.<br>3K + 12x45s HD<br>Then 2:15 EZ       | 7                                      | 8 TRAIL FUN<br>20K Trail Run               | 9 TEMPO<br>10K Tempo<br>Run            | 10                         |
| 11<br>40K Long Run   | 12     | 13 IN/OUTS<br>3K+ 16X Straight HD<br>Curve EZ + 2K | 14 FLOAT<br>6K "Feel the<br>Float" Run | 15 STEADY<br>12K Steady Run<br>Just Go!    | 16                                     | 17 TRAILS<br>20K Trail Run |
| 18<br><b>24K Special</b>   | 19     | 20 TRACK<br>6x1200m – Build by<br>lap (Med,HD,GO!) | 21                                     | 22 TRAILFUN<br>12K Trail Run               | 23 FLOAT<br>7K "Feel the<br>Float" Run | 24 TRAILS<br>10K Trail Run |
| 25<br>42K Long Run   | 26     | 27 EASY<br>8K Recovery<br>Run                      | 28                                     | 29 HILLYRUN<br>12K with<br>Rolling Hills   | 30                                     |                            |
| <p><b>The name of the game this month is speed work. Fast Spring legs are just a half dozen speed workouts away!</b></p> |        |  |  |  |  |                            |

# 2021 CR's Spring 50K Trail

# May 2021



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