

2021 CR's May 1/2 Marathon

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 FLOAT 6K "Feel the Float" Run	7 HILLS 7 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 TEMPO 5K Tempo Run
17 14K Long Run	18	19 H.I.I.T. 3K + 8x45s HD Then 2:15 EZ	20 FLOAT 6K "Feel the Float" Run	21 HILLS 8 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 TEMPO 7K Tempo Run
31 14K 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 + 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 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 8 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 3 Sets	26 EASY 6-8K Recovery Run	27
28 20K 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 + 2K cool down	3 FLOAT 6K "Feel the Float" Run	4 HILLS 10 Hill Repeats	5	6
7 Banner 16K Long Run Week	8 EASY 8K 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 7K Easy Run	13 BURSTS 3K Run with 8 speed bursts
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 6K Tempo Run
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 Fartleks 7K Run with 3K of Fartleks
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 8K of Runners Choice!	2	3
4 20K Long Run	5	6 H.I.I.T. 3K + 10x45s HD Then 2:15 EZ	7 FLOAT 6K "Feel the Float" Run	8 RacePace 2K + 4x1K @ RP 1 min recovery	9	10
11 28K Long Run	12	13 IN/OUTS 3K+ 12X Straight HD Curve EZ + 2K	14	15 STEADY 9K Steady Run Just Go!	16	17 Fartleks 7K Run with 3K of Fartleks
18 16K Long Run	19	20 TRACK 4x1200m – Build by lap (Med,HD,GO!)	21	22 RacePace 2K + 6x1K @ RP 1 min recovery	23 FLOAT 7K "Feel the Float" Run	24
25 10K Long Run	26	27 STEADY 8K Steady Run	28	29 EASY 6K Super Easy	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 BURSTS 3K With 8 quick bursts
2 HALF MARATHON DAY!	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					