

## 2021 CR's Spring Marathon

# January 2021



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

# 2021 CR's Spring Marathon



# 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> 10K 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> 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 Marathon

# 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 <b>Banner</b> 21K Long Run <b>Week</b>	8 <b>EASY</b> 12-15K Easy Run	9 <b>SHintervals</b> 3k+ 7 x 2min HD 4 min EZ	10 <b>BUILD</b> 9K Build by 3K Last 3K FAST!	11 <b>PYLONS</b> 4 Sets	12 <b>EASY</b> 10K Easy Run	13 <b>BURSTS</b> 3K Run with 10 speed bursts
14 30K Long Run	15	16 <b>Lintervals</b> 3k+ 6 x 4min HD 2 min EZ	17	18 <b>BUILD</b> 12K Build by 4K	19	20 <b>TEMPO</b> 10K Tempo Run
21 <b>16K Special</b>	22	23 <b>Pyramid</b> 1-2-4-2-5-2-4-2-1 Min HD then EZ	24 <b>FLOAT</b> 10K "Feel the Float" Run	25 <b>The REID</b> 3K + 30Min Hills + 3K cool down	26	27 <b>Fartleks</b> 7K Run with 3K of Fartleks
28 30K Long Run	29	30 <b>IN/OUTS</b> 3K+ 12X Straight HD Curve EZ + 2K	31 <b>FLOAT</b> 8K "Feel the Float" Run			



# 2021 CR's Spring Marathon



# April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 April Fools 10K of Runners Choice!	2	3
4 34K Long Run	5	6 H.I.I.T. 3K + 12x45s HD Then 2:15 EZ	7	8 <b>RacePace</b> 2K + 6x1K @ RP 1 min recovery	9 TEMPO 10K Tempo Run	10
11 38K Long Run	12	13 IN/OUTS 3K+ 16X Straight HD Curve EZ + 2K	14 FLOAT 6K "Feel the Float" Run	15 STEADY 12K Steady Run Just Go!	16	17 Fartleks 7K Run with 3K of Fartleks
18 22K Long Run	19	20 TRACK 5x1200m – Build by lap (Med,HD,GO!)	21	22 <b>RacePace</b> 2K + 8x1K @ RP 1 min recovery	23 FLOAT 7K "Feel the Float" Run	24
25 14K Long Run	26	27 STEADY 8K Steady Run	28	29 EASY 8K Super Easy	30	
<p><b><i>The name of the game this month is speed work. Fast Spring legs are just a half dozen speed workouts away!</i></b></p>						

# 2021 CR's Spring Marathon

# May 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 BURSTS 3K With quick bursts
2 <b>MARATHON DAY!</b>	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					