

2021 CR'S or SULPHUR SPRINGS 25K TRAIL RACE

June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 10K Long Run	7	8 EASY 6K Easy Run	9	10 STEADY 8K Steady - Feeling Good!	11	12 EASY 5K Easy Run
13 12K Long Run	14	15 TEMPO 4K Tempo, 2K EZ, 4K Tempo	16 FLOAT 30 Minute Float Run	17 TRILLS 6 Repeats	18	19
20 14K Long Run	21	22 1&1's 2-3K wu Plus 18X 1 Min HD 1 Min EZ	23	24 PYLONS 2 Sets	25	26
27 16K Long Run	28	29 STAIRS 10K Run with 1200 Stairs	30 FLOAT 30 Minute Float Run			
						


2021 CR'S or SULPHUR SPRINGS 25K TRAIL RACE

July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRILLS Canada Day 8 Trail Hills	2	3
4 TRAILS 16K Vertical CLIMB	5	6 In & Out's 5K Run + 12 Laps of In & Out's	7	8 PYLONS 3 Sets	9 FLOAT 30 Minute Float Run	10
11 16K Long Run	12	13 The REID 3K Plus 40 Min of Rolling Hills	14 FLOAT 45 Minute Float Run	15 TEMPO 4K Tempo, 2K EZ, 4K Tempo	16	17
18 18K Long Run	19	20 STAIRS 12K Run with 1800 Stairs	21	22 PYLONS 3 Sets	23 EASY 6K Easy Run Shake it out	24
25 20K Long Run	26	27 1 Hour Downhill Runs Run/Walk Up, Run Down	28 FLOAT 45 Minute Float Run	29 In & Out's 5K Run + 12 Laps of In & Out's	30	31
						

2021 CR'S or SULPHUR SPRINGS 25K TRAIL RACE

August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K Special SPEED	2	3 STAIRS 15K Run with 1800 Stairs	4 FLOAT 45 Minute Float Run	5 MILES 4X1 Mile with 3 Min Recovery	6	7
8 22K Long Run	9	10 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	11	12 PYLONS 3 Sets	13 FLOAT 45 Minute Float Run	14
15 24K Long Run	16	17 TRAIL 12K Trail Run	18 FLOAT 30 Minute Float Run	19 TEMPO 4k Tempo, 2K EZ, 4K Tempo	20	21
22 26K Long Run	23	24 1 HOUR Downhill Runs Walk/EZ Up, RUN Down	25	26 TRILLS 9 Trail Hills	27	28
29 16K Special SPEED	30	31 STAIRS 15K Run with 1800 Stairs				
						

2021 CR'S or SULPHUR SPRINGS 25K TRAIL RACE

September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 FLOAT 45 Minute Float Run	2 MILES 5X1 Mile with 3 Min Recovery	3	4
5 28K Long Run	6	7 EASY 8K Easy Run Shake it out	8	9 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	10 FLOAT 30 Minute Float Run	11
12 16K Long Run	13	14 TRAIL 9K Trail Run	15 FLOAT 45 Minute Float Run	16 STEADY 9K Steady Run	17	18
19 10K Long Run	20	21 EASY 7K Easy Run	22	23 EASY 5K Easy Run	24	25
26 RACE DAY!	27	28	29	30		
						