

2021 CR'S or SULPHUR SPRINGS 50K TRAIL RACE

June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 12K Long Run	7	8 EASY 10K Easy Run	9	10 STEADY 12K Steady - Feeling Good!	11	12 16K Trail Run
13 12K Long Run	14	15 TEMPO 4K Tempo, 2K EZ, 4K Tempo	16 FLOAT 45 Min Float Run	17 TRILLS 8 Repeats	18	19 14K Trail Run
20 18K Long Run	21	22 1&1's 2-3K wu Plus 22X 1 Min HD 1 Min EZ	23	24 PYLONS 3 Sets	25	26 26K Trail Run
27 20K Long Run	28	29 STAIRS 10K Run with 1500 Stairs	30 FLOAT 45 Min Float Run			
						


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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 10K Trail Run
11 24K 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 20K Trail Run
18 16K Long Run	19	20 STAIRS 12K Run with 1800 Stairs	21	22 PYLONS 4 Sets	23 EASY 8K Easy Run Shake it out	24
25 28K 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 16K Trail Run
						

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August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 25K Special SPEED	2	3 STAIRS 15K Run with 2000 Stairs	4 FLOAT 1 Hour Float Run	5 MILES 6X1 Mile with 3 Min Recovery	6	7
8 32K Long Run	9	10 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	11	12 PYLONS 4 Sets	13 FLOAT 45 Minute Float Run	14 20K Trail Run
15 30K Long Run	16	17 TRAIL 16K Trail Run	18 FLOAT 45 Minute Float Run	19 TEMPO 4k Tempo, 4K EZ, 4K Tempo	20	21 10K Trail Run
22 36K Long Run	23	24 1 HOUR Downhill Runs Walk/EZ Up, RUN Down	25	26 TRILLS 10 Trail Hills	27	28
29 25K Special SPEED	30	31 STAIRS 15K Run with 2000 Stairs				
						

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September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 FLOAT 1 Hour Float Run	2 MILES 6X1 Mile with 3 Min Recovery	3	4
5 40K 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 20K Long Run	13	14 TRAIL 12K Trail Run	15 FLOAT 45 Minute Float Run	16 STEADY 12K Steady Run	17	18
19 16K Long Run	20	21 EASY 9K Easy Run	22	23 EASY 5K Easy Run	24	25
26 RACE DAY!	27	28	29	30		
						