


## 2021 CR'S 10K I AND II

# June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 <b>5K Long Run</b>	7	8 <b>EASY</b> 5K Easy Run	9	10 <b>STEADY</b> 5K Steady - Feeling Good!	11	12 <b>EASY</b> 4K Easy Run
13 <b>5K Long Run</b>	14	15 <b>BUILD</b> 6K Build BY 2K EZ, Med, Strong	16	17 <b>HILLS</b> 4 Repeats	18 <b>EASY</b> 4K Easy Run Shake it out	19
20 <b>6K Long Run</b>	21	22 <b>1&amp;1's</b> 2-3K wu Plus 10X 1 Min HD 1 Min EZ	23	24 <b>PYLONS</b> 2 Sets	25	26
27 <b>7K Long Run</b>	28	29 <b>Cutdown</b> 2 x 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	30 <b>FLOAT</b> 20 Minute Float Run			
						

## 2021 CR'S 10K I AND II

# July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRILLS Canada Day 6 Trail Hills!	2	3
4 <b>6K Special CLIMB</b>	5	6 In & Out's 3K Run + 6 Laps of In & Out's	7	8 PYLONS 2 Sets	9 FLOAT 20 Minute Float Run	10
11 <b>8K Long Run</b>	12	13 The REID 3K Plus 20 Min of Rolling Hills	14	15 90/60/30 2K + 3x each with equal recovery +2K	16	17 FLOAT 20 Minute Float Run
18 <b>6K Long Run</b>	19	20 1 & 1's 2-3K wu Plus 10X 1 Min HD 1 Min EZ	21	22 PYLONS 2 Sets	23	24
25 <b>9K Long Run</b>	26	27 Cutdown 2 x 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	28	29 TRILLS 5 Trail Hills	30	31 STEADY 5K Steady Run
						

## 2021 CR'S 10K I AND II

# August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>10K Special</b> <i>SPEED</i>	2	3 <b>The REID</b> 3K Plus 20 Min of Rolling Hills	4	5 <b>90/60/30</b> 2K + 3x each with equal recovery +2K	6	7
8 <b>6K Long Run</b>	9	10 <b>1 &amp; 1's</b> 2-3K wu Plus 10X 1 Min HD 1 Min EZ	11 <b>FLOAT</b> 20-25 Minute Float Run	12 <b>TRILLS</b> 6 Trail Hills	13	14
15 <b>10K Long Run</b>	16	17 <b>STEADY</b> 7K Steady Run	18	19 <b>PYLONS</b> 2 Sets	20	21
22 <b>12K Long Run</b>	23	24 <b>BUILD</b> 6K Build By 2K EZ, Med, Strong	25	26 <b>Fartleks</b> 6K of Team Fartleks	27 <b>FLOAT</b> 20-25 Minute Float Run	28
29 <b>8K Long Run</b>	30	31 <b>90/60/30</b> 2K + 3x each with equal recovery +2K				
						

## 2021 CR'S 10K I AND II

# September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 In & Out's 3K Run + 6 Laps of In & Out's	3 EASY 4K Easy Run Shake it Out.	4
5 6K Long Run	6	7 STEADY 5K Just Run	8	9 EASY 4K Easy Run	10	11
12 <b>RACE DAY !!</b>	13	14	15 EASY 4K Easy Run	16 TRILLS 6 Trail Hills. Seriously	17	18
19 6K Long Run	20	21 1 & 1's 2-3K wu Plus 12X 1 Min HD 1 Min EZ	22 FLOAT 20-25 Minute Float Run	23 Fartleks 6K of Team Fartleks	24	25
26 11K Long Run	27	28 BUILD 6K Build by 2K EZ, Med, HD	29	30 Cutdown 2 x 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets		
						

## 2021 CR'S 10K I AND II

# October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>FLOAT</b> 20-25 Minute Float Run	2
3 <b>9K Long Run</b>	4	5 <b>STEADY</b> 5K Just Run	6	7 <b>RacePace</b> 5K Gentle Build to RP for last 2K	8	9 <b>EASY</b> 4K Easy Run + Accelerations
10 <b>6K Easy Run</b>	11	12 <b>EASY</b> 4K Super Easy	13	14 <b>EASY</b> 4K Easy Run	15	16
17 <b>RACE DAY !!!</b>	18	19	20	21	22	23
24	25	26	27	28	29	30
31						