


2021 CR'S FALL HALF MARATHON II

June 2021

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

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July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRILLS Canada Day 7 Trail Hills!	2	3
4 12K Special CLIMB	5	6 In & Out's 4K Run + 10 Laps of In & Out's	7	8 PYLONS 3 Sets	9 FLOAT 30 Minute Float Run	10
11 14K Progression 3x~5K EZ, BLD2, RP	12	13 The REID 3K Plus 40 Min of Rolling Hills	14	15 90/60/30 2K + 4x each with equal recovery +2K	16	17 TRAILS 7K Trail Run with Hills
18 16K Long Run	19	20 1 & 1's 2-3K wu Plus 18X 1 Min HD 1 Min EZ	21	22 PYLONS 4 Sets	23 EASY 6K Easy Run Shake it out	24
25 16K Long Run	26	27 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	28	29 TRILLS 7 Trail Hills	30	31 TEMPO 7K Tempo Run
						


2021 CR'S FALL HALF MARATHON II

August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K Special SPEED	2	3 The REID 3K Plus 40 Min of Rolling Hills	4	5 90/60/30 2K + 4x each with equal recovery +2K	6 EASY 6K Easy Run Shake it out	7
8 18K Long Run	9	10 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	11 FLOAT 30 Minute Float Run	12 TRILLS 8 Trail Hills	13	14
15 14K Long Run	16	17 STEADY 8K Steady Run	18	19 PYLONS 3 Sets	20	21 TEMPO 7K Tempo Run
22 18K Progression 3x 6K EZ, BLD2, RP	23	24 BUILD 9K Build By 3K EZ, Med, HD	25	26 Fartleks 8K of Team Fartleks	27 FLOAT 30 Minute Float Run	28
29 15K Special 3x5K @ RP	30	31 The REID 3K Plus 40 Min of Rolling Hills				
						

2021 CR'S FALL HALF MARATHON II

September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 In & Out's 4K Run + 10 Laps of In & Out's	3 EASY 6K Easy Run Shake it Out.	4
5 20K Long Run	6	7 90/60/30 3K + 4x each with equal recovery +3K	8	9 MILES 3X1 Mile with 2Min Recovery	10 FLOAT 30 Minute Float Run	11
12 22K Long Run	13	14 1 & 1's 2-3K wu Plus 21X 1 Min HD 1 Min EZ	15	16 TRILLS 9 Trail Hills. Seriously	17	18 TEMPO 6K Tempo Run
19 15K QUICK Long Run	20	21 MILES 4X1 Mile with 2Min Recovery	22 FLOAT 30 Minute Float Run	23 Fartleks 8K of Team Fartleks	24	25
26 24K Long Run	27	28 BUILD 9K Build by 3K EZ, Med, HD	29	30 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets		
						

2021 CR'S FALL HALF MARATHON II

October 2021

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