


2021 IM MARYLAND TRIATHLON – RUN ONLY

June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 14K Long Run	7	8 EASY 8K Easy Run	9	10 STEADY 8K Steady - Feeling Good!	11	12
13 16K Long Run	14	15 90/60/30 3K + 4x each with equal recovery +3K	16	17 HILLS 8 Repeats	18	19
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
27 20K Long Run	28	29 Cutdown 2 x 6, 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	30			
						

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July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Canada! Long ride Bonus Day! BRICK!!	2	3
4 16K Special SPEED	5	6 In & Out's 5K Run + 12 Laps of In & Out's	7	8 PYLONS 4 Sets	9	10
11 22K Long Run	12	13 The REID 3K Plus 40 Min of Rolling Hills	14	15 90/60/30 3K + 4x each with equal recovery +3K	16	17
18 24K Long Run	19	20 1 & 1's 2-3K wu Plus 24X 1 Min HD 1 Min EZ	21	22 PYLONS 4 Sets	23	24
25 26K Long Run	26	27Cutdown 2 x 6, 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	28	29 In & Out's 5K Run + 12 Laps of In & Out's	30	31
						

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August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K Special <i>SPEED</i>	2	3 The REID 3K Plus 40 Min of Rolling Hills	4	5 MILES 4X1 Mile with 2Min Recovery	6	7
8 30K Long Run	9	10 1 & 1's 2-3K wu Plus 24X 1 Min HD 1 Min EZ	11	12 90/60/30 3K + 5x each with equal recovery +3K	13	14
15 21K Long Run	16	17 MILES 5X1 Mile with 2Min Recovery	18	19 TEMPO 10K Tempo Run	20	21
22 29K Long Run	23	24 BUILD 9K Build by 3K EZ, Med, HD	25	26 Cutdown 2 x 6, 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	27	28
29 32K Long Run	30	31 TEMPO 10K Tempo Run				
						

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September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 In & Out's 5K Run + 12 Laps of In & Out's	3	4
5 20K Long Run	6	7 1 & 1's 2-3K wu Plus 24X 1 Min HD 1 Min EZ	8	9 90/60/30 3K + 5x each with equal recovery +3K	10	11
12 16K Long Run	13	14 EASY 8K Just Run	15	16 EASY 6K Easy Run + Accelerations	17	18 EASY 4K Easy Run
19 RACE DAY!	20	21	22	23	24	25
26	27	28	29	30		
						