


2021 IMMT 70.3 RUN ONLY

June 2021

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

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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 90/60/30 2K + 4x each with equal recovery +2K	6	7
8 18K Long Run	9	10 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	11	12 TRILLS 8 Trail Hills	13	14
15 20K Progression 3x~7K EZ, BLD2, RP	16	17 STEADY 8K Steady Run	18	19 PYLONS 3 Sets	20	21
22 24K Long Run	23	24 BUILD 9K Build By 3K EZ, Med, HD	25	26 Fartleks 8K of Team Fartleks	27	28
29 16K Long Run	30	31 MILES 3X1 Mile with 2Min Recovery				
						

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September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 In & Out's 4K Run + 10 Laps of In & Out's	3	4
5 10K Long Run	6	7 EASY 6K Super Easy	8	9 EASY 5K Easy Run	10	11 EASY 3K Easy Run
12 RACE DAY!	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
						

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October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						