


2021 IMMT TRIATHLON – RUN ONLY

June 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|-----------|--|--------|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 16K Long Run | 7 | 8 EASY 8K Easy Run | 9 | 10 STEADY 8K Steady - Feeling Good! | 11 | 12 |
| 13 18K Long Run | 14 | 15 90/60/30 3K + 4x each with equal recovery +3K | 16 | 17 HILLS 8 Repeats | 18 | 19 |
| 20 20K 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 22K 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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2021 IMMT TRIATHLON – RUN ONLY

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 24K 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 26K 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 29K Long Run | 26 | 27 Cutdown 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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2021 IMMT TRIATHLON – RUN ONLY

August 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|-----------|---|--------|---|
| 1 32K Long Run | 2 | 3 The REID 3K Plus 40 Min of Rolling Hills | 4 | 5 MILES 4X1 Mile with 2Min Recovery | 6 | 7 |
| 8 20K 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 16K Long Run | 16 | 17 EASY 8K Just Run | 18 | 19 EASY 6K Easy Run + Accelerations | 20 | 21 EASY 4K Easy Run |
| 22 RACE DAY! | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |
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