

## 2021 mini BARKLEY 50K TRAIL RACE

# June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 <b>12K Long Run</b>	7 <b>CORE</b>	8 <b>EASY</b> 12K Easy Run	9 <b>CORE</b>	10 <b>STEADY</b> 12K Steady - Feeling Good!	11 REST	12 <b>16K Trail Run</b>
13 <b>20K Long Run</b>	14 <b>CORE</b>	15 <b>TEMPO</b> 4K Tempo, 4K EZ, 4K Tempo	16 <b>FLOAT</b> 1 Hour Float Run	17 <b>TRILLS</b> 10 Repeats	18 <b>CORE</b>	19 <b>24K Trail Run</b>
20 <b>16K Long Run</b>	21 <b>CORE</b>	22 <b>1&amp;1's</b> 2-3K wu Plus 22X 1 Min HD 1 Min EZ	23 <b>CORE</b>	24 <b>PYLONS</b> 4 Sets	25 REST	26 <b>20K Trail Run</b>
27 <b>26K Long Run</b>	28 <b>CORE</b>	29 <b>STAIRS</b> 10K Run with 1800 Stairs	30 <b>FLOAT</b> 1 Hour Float Run			
						


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# July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Canada Day <b>30K Trail Run</b>	2 <b>CORE</b>	3 <b>REST</b>
4 TRAILS <b>25K Vertical CLIMBING</b>	5 <b>CORE</b>	6 In & Out's 5K Run + 12 Laps of In & Out's	7 <b>CORE</b>	8 PYLONS 4 Sets	9 FLOAT 60 Minute Float Run	10 <b>16K Trail Run</b>
11 <b>40K Long Run</b>	12 <b>CORE</b>	13 The REID 3K Plus 40 Min of Rolling Hills + 3K	14 FLOAT 75 Minute Float Run	15 TEMPO 5K Tempo, 5K EZ, 5K Tempo	16 <b>CORE</b>	17 <b>24K Trail Run</b>
18 <b>30K Long Run</b>	19 <b>CORE</b>	20 STAIRS 12K Run with 2000 Stairs	21 <b>CORE</b>	22 PYLONS 5 Sets	23 EASY 8K Easy Run Shake it out	24 <b>20K Trail Run</b>
25 <b>42.2K Long Run</b>	26 <b>CORE</b>	27 1 Hour Downhill Runs Run/Walk Up, Run Down	28 FLOAT 75 Minute Float Run	29 In & Out's 8K Run + 12 Laps of In & Out's	30 <b>CORE</b>	31 <b>REST</b>
						

## 2021 mini BARKLEY 50K TRAIL RACE

# August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>25K Special SPEED</b>	2 <b>CORE</b>	3 <b>STAIRS</b> 15K Run with 2400 Stairs	4 <b>FLOAT</b> 1 Hour Float Run	5 <b>MILES</b> 6X1 Mile with 3 Min Recovery	6 <b>CORE</b>	7 <b>30K Trail Run</b>
8 <b>20K Long Run</b>	9 <b>CORE</b>	10 <b>1 &amp; 1's</b> 2-3K wu Plus 24X 1 Min HD 1 Min EZ	11 <b>CORE</b>	12 <b>PYLONS</b> 5 Sets	13 <b>FLOAT</b> 45 Minute Float Run	14 REST
15 <b>50K Long Run</b>	16 <b>CORE</b>	17 <b>TRAIL</b> 16K Trail Run	18 <b>FLOAT</b> 45 Minute Float Run	19 <b>TEMPO</b> 4k Tempo, 4K EZ, 4K Tempo	20 <b>CORE</b>	21 <b>24K Trail Run</b>
22 <b>30K Long Run</b>	23 <b>CORE</b>	24 <b>1 HOUR</b> Downhill Runs Walk/EZ Up, RUN Down	25 <b>CORE</b>	26 <b>TRILLS</b> 12 Trail Hills	27 REST	28 <b>16K Trail Run</b>
29 <b>40K Long Run</b>	30 <b>CORE</b>	31 <b>STAIRS</b> 15K Run with 2400 Stairs				
						

## 2021 mini BARKLEY 50K TRAIL RACE

# September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 FLOAT 1 Hour Float Run	2 MILES 6X1 Mile with 3 Min Recovery	3 <b>CORE</b>	4 <b>24K Trail Run</b>
5 <b>20K Long Run</b>	6 <b>CORE</b>	7 TRAIL 16K Trail Run	8 REST	9 STEADY 12K Steady Run	10 <b>CORE</b>	11 REST
12 <b>16K Long Run</b>	13 <b>CORE</b>	14 EASY 9K Easy Run	15 FLOAT 45 Minute Float Run	16 TRAVEL	17 EASY 5K Easy Run	18 <b>RACE DAY!</b>
19	20	21	22	23	24	25
26	27	28	29	30		
						