

# 2021 TWISTED BRANCH 100K TRAIL RACE

## June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 <b>20K Long Run</b>	7	8 <b>EASY</b> 12K Easy Run	9	10 <b>STEADY</b> 12K Steady - Feeling Good!	11	12 <b>20K Trail Run</b>
13 <b>25K Long Run</b>	14	15 <b>TEMPO</b> 5K Tempo, 5K EZ, 5K Tempo	16 <b>FLOAT</b> 1 Hour Float Run	17 <b>TRILLS</b> 10 Repeats	18 <b>EASY</b> 9K Easy Run Shake it out	19 <b>20K Trail Run</b>
20 <b>30K Long Run</b>	21	22 <b>1&amp;1's</b> 2-3K wu Plus 22X 1 Min HD 1 Min EZ	23	24 <b>PYLONS</b> 4 Sets	25	26 <b>24K Trail Run</b>
27 <b>34K Long Run</b>	28	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>40K Trail Run</b>	2	3 <b>16K Long Run</b>
4 TRAILS <b>25K Vertical CLIMBING</b>	5 EASY 10K Easy Run	6 In & Out's 8K Run + 12 Laps of In & Out's	7	8 PYLONS 5 Sets	9 FLOAT 60 Minute Float Run	10 <b>40K Long Run</b>
11 <b>40K Long Run</b>	12 REST	13 The REID 3K Plus 60 Min of Rolling Hills + 3K	14 FLOAT 75 Minute Float Run	15 TEMPO 5K Tempo, 5K EZ, 5K Tempo	16	17 <b>24K Long Run</b>
18 <b>30K Long Run</b>	19 EASY 10K Easy Run	20 STAIRS 12K Run with 2000 Stairs	21	22 PYLONS 6 Sets	23 EASY 8K Easy Run Shake it out	24 <b>36K Long Run</b>
25 <b>42.2K Long Run</b>	26 REST	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	31 <b>40K Long Run</b>
						

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# August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>25K Special SPEED</b>	2	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>EASY</b> 8K Easy Run Shake it out	7 <b>30K Long Run</b>
8 <b>20K Long Run</b>	9	10 <b>1 &amp; 1's</b> 2-3K wu Plus 24X 1 Min HD 1 Min EZ	11	12 <b>STEADY</b> 12K Steady Run	13 <b>FLOAT</b> 45 Minute Float Run	14 REST
15 <b>20K Long Run</b>	16	17 <b>TRAIL</b> 16K Trail Run	18 <b>FLOAT</b> 45 Minute Float Run	19 <b>EASY</b> 8K Easy Run	20	21 <b>EASY</b> 5K Easy Run
22 <b>RACE DAY!</b>	23	24	25	26	27	28
29	30	31				
						

## 2021 TWISTED BRANCH 100K TRAIL RACE

# September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 FLOAT 1 Hour Float Run	2 RacePace	3	4 EASY 6K Easy Run + Accelerations
5 12K Long Run	6	7	8	9 EASY 6K Easy Run	10	11 EASY 3K Easy Run + Accelerations
12 <b>RACE DAY!</b>	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
						