


2022 Niagara 50K Trail Race

December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 EASY 40 Minute Easy Run	3	4
5 10K Long Run	6	7 EASY 9K Easy Run	8	9 STEADY 9K Steady - Feeling Good!	10	11 EASY 45 Minute Easy Run
12 12K Long Run	13	14 EASY 10K Easy Run	15	16 STEADY 10K Steady - Feeling Good!	17 EASY 50 Minute Easy Run	18
19 14K Long Run	20	21 BUILD 9K Build by 3K EZ, Med, Hard	22 OPTION 10K Easy Run	23 STEADY 12K Steady - Feeling Good!	24	25
26 Boxing 16K Long Run	27	28 The REID 3K + 45 Minutes of Rolling Hills	29	30 EASY 10K Easy Run	31 NYE 5K/10K	
						


2022 Niagara 50K Trail Race

January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 10K Easy Run
2 18K Long Run	3	4 BUILD 9K Build by 3K EZ, Med, Hard	5 EASY 50 Minute Easy Run	6 HILLS 2K Plus 8 Hill Repeats	7	8 TEMPO 10K Tempo Run
9 20K Long Run	10	11 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	12 OPTION 9K Recovery Run	13 PYLONS 2K Plus 3 Sets+	14	14 FLOAT 12K Float Run
16 22K Long Run	17	18 BUILD 9K Build by 3K EZ, Med, Hard	19 FLOAT 14K Medium Long Run	20 HILLS 2K Plus 10 Hill Repeats	21 OPTION 9K Easy Run	22
23 16K Special Vertical	24	25 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	26	27 The REID 3K + 60 Minutes of Rolling Hills	28 EASY 9K Easy Run	29 FLOAT 16K Float Run
30 20K Long Run	31					


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February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Hour Test <i>Run as far as you can in 1 Hour</i>	2 OPTION 9K Build by 3K EZ,Med,Hard	3 PYLONS 2K Plus 4 Sets	4	5 STEADY 16K Steady Run
6 24K Long Run	7	8 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	9 TEMPO 10K Tempo Run	10 HILLS 2K Plus 10 Hill Repeats	11	12 Long-ish 20K Run
13 20K Long Run	14	15 Pyramid 1,2,3,4,5,4,3,2,1 Same Hard as EZ	16 OPTION 12K Recovery Run	17 The REID 3K + 60 Minutes of Rolling Hills	18 EASY 50 Minute Easy Run	19
20 Family 24K Special Vertical	21	22 BUILD 12K Build by 4K EZ, Med, Hard	23	24 PYLONS 2K Plus 4 Sets+	25 OPTION STAIRS 1500 of them	26 STEADY 16K Steady Run
27 28K Long Run	28 EASY 6K Easy Run					
						


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March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Hour Test <i>Run as far as you can in 1 Hour</i>	2 OPTION 60 Minute Recovery Run	3 BUILD 12K Build by 4K EZ, Med, Hard	4	5 Long-ish 20K Run
6 24K Long Run @Progression	7	8 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9 OPTION 12K Medium Long Run	10 PYLONS 2K Plus 4 Sets+	11	12 TEMPO 14K Tempo Run
13 26K Long Run	14	15 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ	16 FLOAT 14K Medium Long Run	17 The REID 3K + 60 Minutes of Rolling Hills	18	19
20 24K Special Speed	21	22 Pyramid 1,2,3,4,5,4,3,2,1 Same Hard as EZ	23	24 FLOAT 14K Medium Long Run	25 OPTION STAIRS 1500 of them	26 Long-ish 20K Run
27 28K Long Run	28 EASY 6K Easy Run	29 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	30 OPTION 12K Medium Long Run	31 BUILD 12K Build by 4K EZ, Med, Hard		
						


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April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 12K Tempo Run
3 15K Long Run	4	5 Hour Test <i>Run as far as you can in 1 Hour</i>	6 FLOAT 20K Medium Long Run	7 FARTLEKS 10K of Team Fartleks	8	9 EASY 16K Easy Run
10 30K Long Run	11	12 In & Out's 6K Run + 12 Laps of In & Out's	13 FLOAT 12K Medium Long Run	14 TEMPO 10K Tempo Run	15	16
17 Easter 24K Special Speed	18	19 The REID 3K + 60 Minutes of Rolling Hills	20	21 TRACK 6x400m @ 5KRP 1min b/w 400's	22 OPTION STAIRS 2000 of them	23 STEADY 18K Steady Run
24 32K Long Run	25	26 Pyramid 1,2,3,4,5,4,3,2,1 Same Hard as EZ	27 FLOAT 14K Medium Long Run	28 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	29	30 TEMPO 12K Tempo Run
						

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May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 15K Long Run	2	3 Hour Test <i>Run as far as you can in 1 Hour</i>	4 FLOAT 18K Medium Long Run	5 BUILD 12K Build by 4K EZ, Med, RP	6 OPTION STAIRS 2000 of them	7 Long-ish 16K Run
8 30K Long Run	9	10 In & Out's 6K Run + 12 Laps of In & Out's	11 FLOAT 12K Medium Long Run	12 TRACK 6x400m @ 5KRP 1min b/w 400's	13	14
15 24K Special Speed	16	17 The REID 3K + 60 Minutes of Rolling Hills	18	19 TRACK 2x6x400m@5KRP 1min b/w 400's	20	21 TEMPO 10K Tempo Run
22 Victoria 36K Long Run	23	24 TRACK 4x1 mile @ Faster than RP	25 FLOAT 18K Medium Long Run	26 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	27 OPTION STAIRS 1500 of them	28
29 40K Long Run	30	31 Recovery 60 Minute Recovery Run				
						

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June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 STEADY 10K Steady Run	2 EASY 9K Easy Run	3	4
5 20K Long Run	6	7 EASY 9K Easy Run	8	9 JOG+ 6K Jog with 5 Accelerations	10 FLOAT 9K Float Run	11
12 12K Long Run	13	14 EASY 7K Super Easy Run	15 EASY 4-5K Super Easy Run	16	17 JOG+ 3K Jog with 5 Accelerations	18 RACE DAY!
19	20	21	22	23	24	25
26	27	28	29	30		
						