


2022 Sulphur Springs 50Mile Trail Race

December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 EASY 40 Minute Easy Run	3	4
5 14K Long Run	6	7 EASY 9K Easy Run	8	9 STEADY 9K Steady - Feeling Good!	10	11 EASY 45 Minute Easy Run
12 14K Long Run	13	14 EASY 10K Easy Run	15	16 STEADY 10K Steady - Feeling Good!	17 EASY 50 Minute Easy Run	18
19 16K Long Run	20	21 BUILD 12K Build by 4K EZ, Med, Hard	22 OPTION 10K Easy Run	23 STEADY 12K Steady - Feeling Good!	24	25
26 Boxing 18K Long Run	27	28 The REID 3K + 60 Minutes of Rolling Hills	29	30 EASY 14K Easy Run	31 NYE 5K/10K	
						


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January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 12K Easy Run
2 20K Long Run	3	4 BUILD 12K Build by 4K EZ, Med, Hard	5 EASY 60 Minute Easy Run	6 HILLS 2K Plus 10 Hill Repeats	7	8 TEMPO 10K Tempo Run
9 24K Long Run	10	11 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	12 Recover 10K Recovery Run	13 PYLONS 2K Plus 4 Sets+	14	14 FLOAT 16K Float Run
16 24K Long Run	17	18 BUILD 12K Build by 4K EZ, Med, Hard	19 FLOAT 14K Medium Long Run	20 HILLS 2K Plus 12 Hill Repeats	21 EASY 12K Easy Run	22
23 24K Special Vertical	24	25 Cutdown 2 x 6, 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 28K 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 BUILD 12K Build by 4K EZ,Med,Hard	3 PYLONS 2K Plus 4 Sets+	4	5 STEADY 20K Steady Run
6 20K Long Run	7	8 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	9 TEMPO 12K Tempo Run	10 HILLS 2K Plus 14 Hill Repeats	11	12 Long-ish 20K Run
13 24K Long Run <u>@Progression</u>	14	15 Pyramid 1,2,3,4,5,4,3,2,1 Same Hard as EZ	16 Recover 15K Recovery Run	17 The REID 3K + 60 Minutes of Rolling Hills	18 EASY 60 Minute Easy Run	19
20 Family 24K Special Vertical	21	22 BUILD 12K Build by 4K EZ, Med, Hard	23	24 PYLONS 2K Plus 5 Sets+	25 STAIRS 2000 of them	26 Long-ish 22K Steady Run
27 28K Long Run	28 EASY 8K Easy Run					
						


2022 Sulphur Springs 50Mile Trail Race

March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Hour Test <i>Run as far as you can in 1 Hour</i>	2	3 BUILD 12K Build by 4K EZ, Med, Hard	4 FLOAT 20K Medium Long Run	5
6 32K Long Run	7	8 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9 FLOAT 14K Medium Long Run	10 PYLONS 2K Plus 5 Sets+	11	12 Long-ish 20K Run
13 30K 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 18K Medium Long Run	25 STAIRS 2000 of them	26 Long-ish 20K Run
27 32K Long Run	28	29 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	30 FLOAT 15K 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
3 40K 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 TEMPO 12K Tempo Run
10 36K Long Run	11	12 In & Out's 6K Run + 12 Laps of In & Out's	13 FLOAT 15K Medium Long Run	14 HILLS 2K Plus 14 Hill Repeats	15	16
17 Easter 24K Special Speed	18	19 The REID 3K + 60 Minutes of Rolling Hills	20	21 TRACK 2x6x400m@5KRP 1min b/w 400's	22 STAIRS 2000 of them	23 STEADY 20K Steady Run
24 32K Long Run	25	26 TRACK 6x800m @ 10KRP	27 FLOAT 18K Medium Long Run	28 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	29	30 STEADY 16K Steady Run
						

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May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 40K Long Run	2	3 TRACK 4x1mile @ Faster than RP	4 FLOAT 18K Medium Long Run	5 BUILD 12K Build by 4K EZ, Med, RP	6 STAIRS 2000 of them	7
8 50K Long Run	9	10 Recovery 9K Recovery Run	11	12 STEADY 10K Steady Run	13	14 EASY 12K Easy Run
15 20K Long Run	16	17 EASY 9K Easy Run	18	19 JOG+ 6K Jog with 5 Accelerations	20 FLOAT 9K Float Run	21
22 Victoria 14 Long Run	23	24 EASY 7K Super Easy Run	25 EASY 4-5K Super Easy Run	26	27 JOG+ 3K Jog with 5 Accelerations	28 RACE DAY!
29	30	31				
						