

# 2022 BIG BEAR MARATHON

## June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 <b>10K Long Run</b>	6	7 <b>EASY</b> 40 Minute Easy Run	8	9 <b>STEADY</b> 8K Steady Run	10	11 <b>EASY</b> 40 Minute Easy Run
12 <b>12K Long Run</b>	13	14 <b>BUILD</b> 9K Run Build by 3K – EZ,Med,HD	15 <b>EASY</b> 6K Easy Run	16 <b>SOCIAL</b> <u>8K Social Run</u>	17	18 <b>OPTION</b> 8K Tempo Run
19 <b>13K Long Run</b>	20	21 1-2 Punch 2K+ 6X 1minHD 2minEZ 2minHD 1minEZ	22	23 <b>HILLS</b> 6 Hill Repeats	24 <b>FLUSH</b> 6K Easy Run to Flush out legs	25 <b>OPTION</b> 4 Long DOWNHILLS
26 <b>14K Long Run</b>	27	28 <b>TRACK</b> 15X400m. Slow.Med.Fast	29 <b>FLOAT</b> 6K Float On Run	30 <b>PYLONS</b> 2 Sets +		
						

# 2022 BIG BEAR MARATHON

## July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 <b>12K Special VERTICAL!</b>	4	5 <b>GoGoGo</b> Run as far as you can - 1 hour	6	7 <b>HILLS</b> 8 Hill Repeats	8 <b>FLUSH</b> 6K Easy Run - Flush out legs	9 <b>OPTION</b> 4 Long DOWNHILLS
10 <b>16K Long Run</b>	11	12 <b>CutDown</b> 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	13 <b>OPTION</b> 10K Float On Run	14 <b>PYLONS</b> 3 Sets	15	16 <b>TEMPO</b> 6K Tempo Run
17 2/3+1/3 <b>18K Long Run Progression</b>	18	19 <b>The REID</b> 3K + 45 Minutes of Rolling Hills	20	21 <b>FARTLEKS</b> Run on Trails if possible 9K	22 <b>FLUSH</b> 10K Easy Run - Flush out legs	23
24 <b>20K Long Run</b>	25	26 <b>H.I.I.T.</b> 3K Plus 12x45sec Hard, 2:15 EZ	27 <b>OPTION</b> 10K Float On Run	28 <b>HILLS</b> 10 Hill Repeats	29 <b>FLOAT</b> 10K Float On Run	30
31 <b>16K Special FAST!</b>						

# 2022 BIG BEAR MARATHON

# August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <b>GoGoGo</b> Run as far as you can - 1 hour	3 <b>FLUSH</b> 6K Easy Run to Flush out legs	4 <b>BUILD</b> 10K Build by 2K 15s/k faster	5	6 <b>OPTION</b> 5 Long DOWNHILLS
7 <b>22K Long Run</b>	8	9 <b>CutDown</b> 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	10	11 <b>PYLONS</b> 4 Sets	12 <b>FLOAT</b> 8K Float On Run	13
14 2/3+1/3 <b>24K Long Run Progression</b>	15	16 <b>H.I.I.T.</b> 3K Plus 12x45sec Hard, 2:15 EZ	17 <b>OPTION</b> 14K Float On Run	18 <b>HILLS</b> 10 Hill Repeats	19 <b>STEADY</b> 10K Steady Run	20
21 CN Run <b>26K Long Run</b>	22	23 <b>TEMPO</b> 10K Tempo Run	24 <b>FLOAT</b> 10K Float On Run	25 <b>FARTLEKS</b> 10K – on trails if possible	26	27
28 <b>16K Special FAST!</b>	29	30 <b>The REID</b> 3K + 45 Minutes of Rolling Hills	31 <b>OPTION</b> 12K Float On Run			

# 2022 BIG BEAR MARATHON

## September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <b>BUILD</b> 10K Build by 2K 15s/k faster	2	3 <b>TEMPO</b> 10K Tempo Run
4 <b>28K Long Run</b>	5	6 <b>GoGoGo</b> Run as far as you can - 1 hour	7 <b>FLUSH</b> 10K Easy Run - flush out legs	8 <b>PYLONS</b> 4 Sets+	9	10 <b>OPTION</b> 5 Long DOWNHILLS
11 2/3+1/3 <b>30K Long Run Progression</b>	12	13 <b>CutDown</b> 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	14	15 <b>TEMPO</b> 10K Tempo Run	16 <b>FLUSH</b> 10K Easy Run - Flush out legs	17
18 <b>31K Long Run</b>	19	20 <b>TRACK</b> 1600m, 1200m, 800m x2, 400m x2, 200m x4	21 <b>FLOAT</b> 12K Float On Run	22 <b>HILLS</b> 10 Hill Repeats	23	24 <b>OPTION</b> 8K Race Pace Run
25 <b>16K Special FAST!</b>	26	27 <b>The REID</b> 3K + 45 Minutes of Rolling Hills	28 <b>OPTION</b> 12K Float On Run	29 <b>BUILD</b> 10K Build by 2K 15s/k faster	30	

# 2022 BIG BEAR MARATHON

# October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>EASY</b> 5K Run with 4 Accelerations
2 <b>33K Long Run</b>	3	4 <b>TRACK</b> 4x800m 4x400m 1x800m FASTEST	5 <b>OPTION</b> 9K Flush out the legs Run	6 <b>PYLONS</b> 4 Sets+	7	8 <b>STEADY</b> 12K Steady Run
9 <b>24K Cutback Long Run</b>	10	11 <b>H.I.I.T.</b> 3K Plus 12x45sec Hard, 2:15 EZ	12	13 <b>TEMPO</b> 10K Tempo Run	14 <b>FLUSH</b> 10K Easy Run - Flush out legs	15
16 <b>35K Long Run</b>	17	18 <b>STEADY</b> 8K Steady Run	19 <b>FLOAT</b> 12K Float On Run	20 <b>The REID</b> 3K + 45 Minutes of Rolling Hills	21	22 <b>OPTION</b> 5 Long DOWNHILLS
23 <b>38K Long Run</b>	24	25 <b>RP Dial in</b> 2K + 8x1K Repeats @ RP	26 <b>OPTION</b> 12K Medium Long Run	27 <b>STEADY</b> 9K Steady Run	28	29 <b>EASY</b> 6K Run with 4 Accelerations
30 <b>20K Long Run</b>	31					

# 2022 BIG BEAR MARATHON

## November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 RP BUILD 6K Run with <b>3K @ RP</b>	2 <b>OPTION</b> 8K Easy Run	3 RP RUN 7K Run with <b>6K @ RP</b>	4 FLOAT 8K Float On Run	5
6 <b>12K Long Run</b>	7	8 EASY 8K Easy Run	9	10 EASY 6K Super Easy Run	11	12 EASY <b>3K with 5 Accelerations</b>
13 <b>Race Day!</b>	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
						