


2023 Around the Bay 15K

December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 EASY 30-45 Minute Easy Run	2	3
4 8K LONG RUN	5	6 EASY 6K Easy Run	7	8 EASY 5K Easy Run	9	10 EASY 5K Easy Run
11 8K LONG RUN	12	13 EASY 6K Easy Run	14	15 GO!! 6K Run while Chatting	16 EASY 45 Minute Easy Run	17
18 10K LONG RUN	19	20 STEADY 6K Steady Run	21	22 EASY 8K Easy Run	23	24 EASY 35 Minute Easy Run
25	26 12K LONG RUN	27 BUILD 3K EZ, 3K Med, 2K Strong	28	29 TEMPO 3K Easy 3K@ Tempo	30	31 7K Last Run of 2022. Make it quick.
						

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January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12K SPECIAL RUN	2 (OR HERE for 12K Special)	3 FLUSH 5K Flush out the Holidays Run	4 TEMPO 4K Easy 3K@ Tempo	5 HILLS 2K Plus 6 Hill Repeats	6	7
8 12K LONG RUN	9	10 1-2 Punch 4x 1minHD 2minEZ 2minHD 1minEZ	11	12 PYLONS 2K Plus 2 Sets	13 FLOAT 8K Easy Run	14
15 14K LONG RUN	16	17 TEMPO 4K Easy 4K@ Tempo	18	19 HILLS 2K Plus 8 Hill Repeats	20	21 FLOAT 8K Easy Run
22 12K LONG RUN	23	24 CutDown 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	25 FLOAT 1 Hour Float Run	26 The REID 3K + 35 Minutes of Rolling Hills	27	28
29 12K SPECIAL RUN	30	31 TEMPO 4K Easy 4K@ Tempo				
						

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February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 FARTLEKS 2K+ 5K of Fartlek Running	3 EASY 6K Easy Run	4
5 10K LONG RUN	6	7 1-2 Punch 4x 1minHD 2minEZ 2minHD 1minEZ	8 FLOAT 6K Float Run	9 TEMPO 6K Tempo Run	10	11
12 15K LONG RUN	13	14 H.I.I.T. 3K Plus 8x45sec Hard, 2:15 EZ	15	16 HILLS 2K Plus 7 Hill Repeats	17 FLOAT 9K Float Run	18
19 12K LONG RUN	20	21 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	22 FLOAT 9K Float Run	23 PYLONS 2K Plus 3 Sets	24	25
26 16K SPECIAL RUN	27	28 TEMPO 7K Tempo Run				
						

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March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 2K Plus 9 Hill Repeats	3	4 EASY 5K Easy Run
5 18K LONG RUN	6	7 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	8	9 BUILD 9K Build by 3K slow,med,fast	10 FLOAT 9K Float Run	11
12 10K LONG RUN	13	14 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	15	16 FLOAT 9K Float Run	17	18
19 8K LONG RUN	20	21 EASY 6K Easy Run	22	23 EASY 5K Super Easy Run	24	25 JOG+ 3K Jog with 5 Accelerations
26 RACE DAY!	27	28	29	30	31	1
						