


2023 Around the Bay 30K

December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 EASY 30-45 Minute Easy Run	2	3
4 12K LONG RUN	5	6 EASY 6K Easy Run	7	8 EASY 8K Easy Run	9	1 TEMPO 3K Easy 3K@ Tempo
11 14K LONG RUN	12	13 EASY 6K Easy Run	14	15 GO!! 8K Run while Chatting	16 EASY 45 Minute Easy Run	17
18 16K LONG RUN	19	20 STEADY 8K Steady Run	21	22 EASY 8K Easy Run	23	24 EASY 45 Minute Easy Run
25	26 18K 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 16K 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 8 Hill Repeats	6	7
8 20K LONG RUN	9	10 1-2 Punch 4x 1minHD 2minEZ 2minHD 1minEZ	11	12 PYLONS 2K Plus 3 Sets	13 FLOAT 8K Easy Run	14
15 22K LONG RUN	16	17 TEMPO 4K Easy 4K@ Tempo	18	19 HILLS 2K Plus 8 Hill Repeats	20	21 FLOAT 8K Easy Run
22 24K LONG RUN	23	24 CutDown 2 x 5, 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 + 40 Minutes of Rolling Hills	27	28
29 16K 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+ 6K of Fartlek Running	3 EASY 8K Easy Run	4
5 26K LONG RUN	6	7 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	8 FLOAT 9K Float Run	9 TEMPO 9K Tempo Run	10	11
12 28K LONG RUN	13	14 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	15	16 HILLS 2K Plus 9 Hill Repeats	17 FLOAT 12K Float Run	18
19 30K LONG RUN	20	21 Cut Down 2 x 5, 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 4 Sets+	24	25
26 16K SPECIAL RUN	27	28 TEMPO 9K Tempo Run				
						

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March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 2K Plus 10 Hill Repeats	3	4 EASY 7K Easy Run
5 32K LONG RUN	6	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8	9 BUILD 9K Build by 3K slow,med,fast	10 FLOAT 12K Medium Long Run	11
12 15K LONG RUN	13	14 Cut Down 2 x 5, 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 10K 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
						