



2023 Sulphur Springs Trail 20K

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!! 8K Run while Chatting	16 EASY 45 Minute Easy Run	17
18 10K LONG RUN	19	20 STEADY 8K 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.
<div style="border: 1px solid black; padding: 5px;"> <p>Considering that this race is a Trail race, if the trail systems have good footing and are considered safe, you should try to run trail runs whenever possible during the execution of this schedule.</p> </div>						

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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 3 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 14K 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 8K Easy Run	4
5 14K LONG RUN	6	7 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	8 FLOAT 9K Float Run	9 TEMPO 7K Tempo Run	10	11
12 14K LONG RUN @Progression	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 16K 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 10 Hill Repeats	3	4 EASY 7K Easy Run
5 16K LONG RUN	6	7 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	8	9 PYLONS 2K Plus 4 Sets	10	11 FLOAT 8K Float Run
12 14K LONG RUN @Progression	13	14 HOUR Run Run as far as you can in 60 Minutes	15	16 The REID 3K + 35 Minutes of Rolling Hills	17 FLOAT 12K Medium Long Run	18
19 18K 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	23 TEMPO 8K Tempo Run	24	25 BUILD 9K Build by 3K slow,med,fast
26 16K SPECIAL RUN	27	28 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ	29	30 FARTLEKS 2K warm up plus 6K of Fartleks	31	

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April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 AFD 2x42.2K Or Not.
2 18K LONG RUN	3	4 HOUR Run Run as far as you can in 60 Minutes	5	6 FLOAT 8K Float Run	7	8 EASY 30 Minute Easy Run
9 20K LONG RUN @Progression	10	11 HILLY 10K Hilly Run	12 FLOAT 8K Float Run	13 BUILD 9K Build by 3K slow,med,fast	14	15
16 22K LONG RUN	17	18 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ	19	20 In &Out's 6K Run + 12 Laps of In & Out's	21 EASY 9K Easy Run	22
23 12K LONG RUN	24	25 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	26	27 TRACK 3x400m 2x800m 1x400m	28	29
30 EFFORT HALF MARATHON						

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May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HOUR Run Run as far as you can in 60 Minutes	3	4 TRACK 2x400m 3x800m 4x200m	5 EASY 5K Easy Run	6
7 24K LONG RUN	8	9 In & Out's 4K Run + 10 Laps of In & Out's	10	11 TRACK 4x400m 4x800m	12	13 FLOAT 9K Float Run
14 12K LONG RUN	15	16 HILLY 10K Hilly Run	17	18 JOG+ 6K Jog with 5 Accelerations	19 EASY 5K Easy Run	20
21 8K LONG RUN	22	23 EASY 6K Easy Run	24	25 EASY 5K Super Easy Run	26	27 JOG+ 3K Jog with 5 Accelerations
28 RACE DAY!	29	30	31			