

2023 Sulphur Springs 50Mile Trail Race

December 2022

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

Be sure to take advantage of trail routes while we still enjoy good footing. If you think your run will continue into the dark, be sure that you take some of these runs as dusk or even nighttime runs to test equipment and your sense of direction. There will be guided runs in the Spring to show you the exact route, watch for those to be announced on Instagram/Facebook for **#SulphurSpringsTrailRaces** Get to know this route as it will be great!



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January 2023


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K SPECIAL RUN	2 (OR HERE for 16K Special)	3 FLUSH 9K Flush out the Holidays Run	4	5 HILLS 2K Plus 9 Hill Repeats	6	7 EASY 12K Easy Run
8 20K LONG RUN	9	10 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	11 FLOAT 12K Float Run	12 PYLONS 2K Plus 4 Sets	13	14 EASY 10K Easy Run
15 24K LONG RUN	16	17 STEADY 12K Steady Run	18 OPTION 10K Easy Run	19 HILLS 2K Plus 10 Hill Repeats	20	21 FLOAT 16K Float 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 14K Medium Long Run	26 The REID 3K + 55 Minutes of Rolling Hills	27	28
29 24K SPECIAL RUN	30 1 Hour Hike/Hilly Walk	31 10K Practice running downhill fast - repeats for 10K				

Special types of runs this month: **Running Downhill FAST** – this skill will build confidence for trails and strength for descending, no matter what your race speed is. Go **EASY** up the hill, and **FAST** down it. One more workout: **Squatting Hills**: ON some of your Hill repeats, hold a squat for as long as you can before you speed off up the hill repeat. This is done for no more than half of the workout.



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February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 12K Easy Run	2 FARTLEKS 2K+ 8K of Fartlek Running	3	4 HILLY 16K Hilly Run
5 28K LONG RUN	6	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8 OPTION 12K Build by 4K EZ, Med, Hard	9 PYLONS 2K Plus 4 Sets	10	11 EASY 20K Easy Run
12 20K LONG RUN	13	14 BUILD 12K Build by 4K EZ, Med, Hard	15 FLOAT 15K Float Run	16 HILLS 2K Plus 12 Hill Repeats	17	18 FLOAT 20K Float Run
19 26K 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 12K Float Run	23 PYLONS 2K Plus 5 Sets	24	25
26 24K SPECIAL RUN	27 90 Minute Hike/Hilly Walk	28 10K Practice running downhill fast - repeats for 10K				


2023 Sulphur Springs 50Mile Trail Race

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 12K Easy Run	2 BUILD 12K Build by 4K EZ, Med, Hard	3	4 EASY 22K Easy Run
5 28K LONG RUN	6	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8 HILLY 14K Hilly Run	9 PYLONS 2K Plus 4 Sets+	10	11
12 32K LONG RUN	13	14 HOUR Run Run as far as you can in 60 Minutes	15 FLUSH 7K Flush out the legs Run	16 The REID 3K + 55 Minutes of Rolling Hills	17	18 FLOAT 20K Float Run
19 30K LONG RUN	20 45 Minute Hike/Hilly Walk	21 STEADY 15K Steady Run	22 EASY 8K Easy Run	23 BUILD 12K Build by 4K EZ, Med, Hard	24	25
26 30K LONG RUN (ATB?)	27	28 FLUSH 10K Flush out the legs Run	29	30 FARTLEKS 2K+ 8K of Fartlek Running	31	

2023 Sulphur Springs 50Mile Trail Race

April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 HILLY 20K Hilly Run
2 30K LONG RUN	3	4 HOUR Run Run as far as you can in 60 Minutes	5 FLUSH 7K Flush out the legs Run	6 HILLS 2K Plus 12 Hill Repeats	7	8 FLOAT 22K Float Run
9 36K LONG RUN	10	11 The REID 3K + 55 Minutes of Rolling Hills	12 FLOAT 9K Float Run	13 TRAIL 15K Trail Run	14	15 EASY 16K Easy Run
16 38K LONG RUN	17 90 Minute Hike/Hilly Walk	18 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ	19	20 TRACK 3K + 6x800m Build by 200m in each 800m	21 EASY 12K Easy Run	22
23 24K SPECIAL RUN	24	25 FLUSH 10K Flush out the legs Run	26 FLOAT 12K Float Run	27 TRAIL 20K Trail Run	28	29 FLOAT 20K Float Run
30 42K LONG RUN	<div style="border: 1px solid black; padding: 5px;"> It is certainly an option to consider running the Mississauga Marathon on April 30th, if you do, test your gear and your nutrition </div>					

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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 FLUSH 7K Flush out the legs Run	4 TRAIL 14K Trail Run	5	6
7 46K LONG RUN	8	9 FLUSH 10K Flush out the legs Run	10	11 TRACK 3K + 6x800m Build by 200m in each 800m	12	13 HILLY 12K Hilly Run
14 20K LONG RUN	15	16 FLOAT 14K Float Run	17	18 FLOAT 9K Float Run	19 EASY 6K Easy Run	20
21 14K LONG RUN	22	23 EASY 8K Easy Run	24	25 EASY 6K Super Easy Run	26	27 RACE DAY!
28	29	30	31			