


2023 Ironman 70.3 Mont Tremblant RUN-ONLY

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
11 8K LONG RUN	12	13 EASY 6K Easy Run	14	15 GO!! 8K Run while Chatting	16	17
18 10K LONG RUN	19	20 STEADY 8K Steady Run	21	22 EASY 8K Easy Run	23	24
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.
<p>Considering that this race is a Triathlon, you will need to work on the other disciplines along the way. This schedule should be augmented by one more (EASY) run per 7-14 days. This can take the form of an easy run off the bike or a recovery run after a swim etc... You can decide.</p>						

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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	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	14
15 14K LONG RUN	16	17 TEMPO 4K Easy 4K@ Tempo	18	19 HILLS 2K Plus 8 Hill Repeats	20	21
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	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	4
5 14K LONG RUN	6	7 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	8	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	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	23 PYLONS 2K Plus 3 Sets	24	25
26 12K 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
5 16K LONG RUN	6	7 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	8	9 PYLONS 2K Plus 4 Sets	10	11
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	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
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 14K LONG RUN	3	4 HOUR Run Run as far as you can in 60 Minutes	5	6 FLOAT 8K Float Run	7	8
9 18K LONG RUN @Progression	10	11 FLOAT 10K Float Run	12	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 4K Run + 12 Laps of In & Out's	21	22
23 12K LONG RUN	24	25 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	26	27 TEMPO 10K Tempo Run	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 3x400m 2x800m 1x400m	5	6
7 14K LONG RUN	8	9 In & Out's 4K Run + 12 Laps of In & Out's	10	11 STEADY 10K Steady Run	12	13
14 20K LONG RUN	15	16 HILLY 10K Hilly Run	17	18 TEMPO 10K Tempo Run	19	20
21 18K LONG RUN	22	23 The REID 3K + 35 Minutes of Rolling Hills	24	25 TRACK 2x400m 3x800m 4x200m	26	27
28 16K SPECIAL RUN	29	30 TEMPO 10K Tempo Run	31			
						

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June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRACK 4x400m 4x800m	2	3
4 24K Long Run	5	6 In & Out's 4K Run + 12 Laps of In & Out's	7	8 TRACK 4x400m 2x800m 1x1200m 4x200m	9	10
11 14K Long Run	12	13 BUILD 9K Build by 3K Slow, Med, Fast	14	15 STEADY 10K Steady Run	16	17
18 10K Long Run	19	20 EASY 6K Easy Run	21	22	23 EASY 5K Super Easy Run	24
25 RACE DAY!	26	27	28	29	30	
						