


2023 Musselman 70.3 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> | | | | | |  |

2023 Musselman 70.3 RUN-ONLY

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 | | | | |
| | | | | | |  |

2023 Musselman 70.3 RUN-ONLY

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 | | | |  |
| | | | | | | |

2023 Musselman 70.3 RUN-ONLY

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 |  |
| | | | | | | |

2023 Musselman 70.3 RUN-ONLY

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 | | | | | |  |


2023 Musselman 70.3 RUN-ONLY

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 | | | |
| | | | | | |  |

2023 Musselman 70.3 RUN-ONLY

June 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|-----------|---|--------|---|
| | | | | 1 TRACK 4x400m 4x800m | 2 | 3 |
| 4 20K 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 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ | 14 | 15 TEMPO 9K Tempo Run | 16 | 17 |
| 18 24K Long Run | 19 | 20 FLOAT 1 Hour Float Run | 21 | 22 TRACK 4x400m 2x800m 1x1200m 4x200m | 23 | 24 |
| 25 14K Long Run | 26 | 27 BUILD 9K Build by 3K Slow,Med,Fast | 28 | 29 STEADY 10K Steady Run | 30 | |
| | | | | | |  |

2023 Musselman 70.3 RUN-ONLY

July 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|--------|-----------------------|-----------|-----------------------|--------------------------------|----------|
| | | | | 1 EASY 8K Easy Run | | 1 |
| 2 10K Long Run | 3 | 4 EASY 6K Easy Run | 5 | 6 | 7 EASY 5K Super Easy Run | 8 |
| 9 RACE DAY! | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

