

# 2023 Sulphur Springs 100K Trail Race

## December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 EASY 45 Minute Easy Run	2	3 EASY 45 Minute Easy Run
4 <b>14K LONG RUN</b>	5	6 EASY 10K Easy Run	7	8 EASY 10K Easy Run	9 STEADY 8K Steady Run	10
11 <b>16K LONG RUN</b>	12	13 EASY 10K Easy Run	14	15 <b>GO!!</b> 8K Run while Chatting	16 EASY 45 Minute Easy Run	17 FLOAT 10K Float Run
18 <b>18K LONG RUN</b>	19	20 STEADY 12K Steady Run	21	22 FLOAT 12K Float Run	23	24 BUILD 10K Build Run 4EZ, 3Med, 3HD
25	26 <b>20K LONG RUN</b>	27 BUILD 12K Build by 3K EZ, Med, Hard	28	29 The REID 3K + 60 Minutes of Rolling Hills	30	31 15K 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!



# 2023 Sulphur Springs 100K Trail Race

## January 2023


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>16K SPECIAL RUN</b>	2 (OR HERE for 16K Special)	3 <b>FLUSH</b> 12K Flush out the Holidays Run	4	5 <b>HILLS</b> 2K Plus 10 Hill Repeats	6	7 <b>EASY</b> 12K Easy Run
8 <b>20K LONG RUN</b>	9 1 Hour Hike/Hilly Walk	10 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	11 <b>FLOAT</b> 12K Float Run	12 <b>PYLONS</b> 2K Plus 4 Sets	13	14 <b>HILLY</b> 14K Hilly Run
15 <b>24K LONG RUN</b>	16	17 <b>STEADY</b> 12K Steady Run	18 <b>EASY</b> 15K Easy Run	19 <b>HILLS</b> 2K Plus 12 Hill Repeats	20	21 <b>FLOAT</b> 16K Float Run
22 <b>26K LONG RUN</b>	23	24 <b>EASY</b> 15K Easy Run	25	26 <b>The REID</b> 3K + 60 Minutes of Rolling Hills	27 <b>FLOAT</b> 14K Float Run	28
29 <b>24K SPECIAL RUN</b>	30 1 Hour Hike/Hilly Walk	31 <b>10K</b> 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.



# 2023 Sulphur Springs 100K Trail Race

## February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 12K Easy Run	2 15K 3x5K Loop Am, noon, Pm	3	4 HILLY 18K Hilly Run
5 <b>28K LONG RUN</b>	6	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8 BUILD 12K Build by 4K EZ, Med, Hard	9 PYLONS 2K Plus 4 Sets	10	11 FLOAT 20K Float Run
12 <b>20K LONG RUN</b>	13 90 Minute Hike/Hilly Walk	14 BUILD 12K Build by 4K EZ, Med, Hard	15 FLOAT 20K Float Run	16 HILLS 2K Plus 12 Hill Repeats	17	18 EASY 22K Easy Run
19 <b>32K LONG RUN</b>	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 15K Float Run	23 PYLONS 2K Plus 5 Sets	24 FLUSH 8K Flush out the legs Run	25
26 <b>24K SPECIAL RUN</b>	27 90 Minute Hike/Hilly Walk	28 10K Practice running downhill fast - repeats for 10K				


# 2023 Sulphur Springs 100K Trail Race

## March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 14K Easy Run	2 15K 3x5K Loop Am, noon, Pm	3	4 EASY 24K Easy Run
5 28K LONG RUN	6 1 Hour Hike/Hilly Walk	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8	9 PYLONS 2K Plus 5 Sets	10 HILLY 14K Hilly Run	11
12 36K LONG RUN	13	14 <b>HOUR</b> Run Run as far as you can in 60 Minutes	15 FLUSH 10K Flush out the legs Run	16 12K Practice running downhill fast - repeats for 12K	17	18 EASY 26K Easy Run
19 30K LONG RUN	20 45 Minute Hike/Hilly Walk	21 STEADY 15K Steady Run	22	23 BUILD 12K Build by 4K EZ, Med, Hard	24 EASY 12K Easy Run	25
26 30K LONG RUN (ATB?)	27 FLUSH 10K Flush out the legs Run	28 18K 3x6K Loop Am, noon, Pm	29	30 TRILLS 2K + 12 Trail Hill Repeats	31	

# 2023 Sulphur Springs 100K Trail Race

## April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 HILLY 22K Hilly Run
2 32K LONG RUN	3 90 Minute Hike/Hilly Walk	4 <b>HOUR</b> Run Run as far as you can in 60 Minutes	5 FLUSH 10K Flush out the legs Run	6 TRILLS 2K + 12 Trail Hill Repeats	7	8 EASY 24K Easy Run
9 36K LONG RUN	10	11 The REID 3K + 60 Minutes of Rolling Hills	12 FLOAT 9K Float Run	13 TRAIL 16K Trail Run Into the dark	14	15 EASY 16K Easy Run
16 40K 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 TRAIL 20K Trail Run In the dark	21 EASY 12K Easy Run	22
23 24K SPECIAL RUN	24 FLUSH 10K Flush out the legs Run	25 18K 3x6K Loop Am, noon, Pm	26 FLOAT 8K Float Run	27 TRAIL 20K Trail Run Into the daylight	28	29 EASY 24K Easy 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 30<sup>th</sup>, if you do, test your gear and your nutrition                 </div>					

# 2023 Sulphur Springs 100K Trail Race

## May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <b>HOUR</b> Run Run as far as you can in 60 Minutes	3 <b>FLUSH</b> 10K Flush out the legs Run	4 <b>TRAIL</b> 16K Trail Run Into the dark	5	6
7 <b>SLOW</b> <b>54K LONG RUN</b>	8	9 <b>FLUSH</b> 6K Flush out the legs Run	10	11 <b>TRAIL</b> 20K Trail Run Into the daylight	12	13 <b>HILLY</b> 14K Hilly Run
14 <b>22K LONG RUN</b>	15 1 Hour Hike/Hilly Walk	16 <b>FLOAT</b> 14K Float Run	17	18 <b>FLOAT</b> 10K Float Run	19 <b>EASY</b> 9K Easy Run	20
21 <b>16K LONG RUN</b>	22	23 <b>EASY</b> 8K Easy Run	24	25 <b>EASY</b> 6K Super Easy Run	26	27 <b>RACE DAY!</b>
28	29	30	31			