

2023 Sulphur Springs 100Mile 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 16K LONG RUN	5	6 EASY 10K Easy Run	7	8 EASY 10K Easy Run	9 STEADY 10K Steady Run	10
11 18K LONG RUN	12	13 EASY 12K Easy Run	14	15 GO!! 8K Run while Chatting	16 EASY 45 Minute Easy Run	17 FLOAT 10K Float Run
18 20K LONG RUN	19	20 STEADY 12K Steady Run	21	22 FLOAT 12K Float Run	23	24 BUILD 10K Build Run 4EZ, 3Med, 3HD
25	26 22K LONG RUN	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 100Mile Trail Race

January 2023


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



2023 Sulphur Springs 100Mile Trail Race

February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 16K Easy Run	2 15K 3x5K Loop Am, noon, Pm	3	4 HILLY 20K Hilly Run
5 30K LONG RUN	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 20K LONG RUN	13 90 Minute Hike/Hilly Walk	14 BUILD 15K Build by 5K EZ, Med, Hard	15 FLOAT 20K Float Run	16 HILLS 2K Plus 12 Hill Repeats	17	18 EASY 24K Easy Run
19 34K LONG RUN	20	21 EASY 2x10K in DARK Am, Pm	22 FLOAT 15K Float Run	23 PYLONS 2K Plus 5 Sets	24 FLUSH 8K Flush out the legs Run	25
26 24K SPECIAL RUN	27 90 Minute Hike/Hilly Walk	28 12K Practice running downhill fast - repeats for 12K				

2023 Sulphur Springs 100Mile Trail Race

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 16K Easy Run	2 15K 3x5K Loop Am, noon, Pm	3	4 EASY 28K 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 40K LONG RUN	13	14 HOUR Run Run as far as you can in 60 Minutes	15 FLUSH 12K Flush out the legs Run	16 12K Practice running downhill fast - repeats for 12K	17	18 EASY 30K Easy Run
19 30K LONG RUN	20 45 Minute Hike/Hilly Walk	21 STEADY 20K Steady Run	22	23 BUILD 15K Build by 5K 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 100Mile Trail Race

April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 HILLY 24K Hilly Run
2 36K LONG RUN	3 90 Minute Hike/Hilly Walk	4 HOUR Run Run as far as you can in 60 Minutes	5 FLUSH 12K Flush out the legs Run	6 TRILLS 2K +12 Trail Hill Repeats	7	8 EASY 30K Easy Run
9 40K LONG RUN	10	11 The REID 3K + 60 Minutes of Rolling Hills	12 FLOAT 15K Float Run	13 TRAIL 20K Trail Run Into the dark	14	15 FLOAT 20K Float Run
16 46K LONG RUN	17 90 Minute Hike/Hilly Walk	18 FLUSH 12K Flush out the legs Run	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 15K Float Run	27 TRAIL 24K Trail Run Into the daylight	28	29 EASY 28K Easy Run
30 42K LONG RUN +4K	<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>					

2023 Sulphur Springs 100Mile Trail Race

May 2023

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