

2023 Barkley Marathons 50K

June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 EASY 8K Easy Run
4 20K LONG RUN	5	6 EASY 10K Easy Run	7	8 EASY 7K Easy Run	9	10 EASY 10K Easy Run
11 20K LONG RUN	12	13 FLUSH 8K Flush out the Legs Run	14 HILLS 1 Hour Power Walk some Hills	15 GO!! 8K Run while Chatting	16	17 EASY 10K Easy Run
18 24K LONG RUN	19	20 BUILD 3K EZ, 4K Med, 3K Strong	21	22 HILLS 2K Plus 9 Hill Repeats	23 STAIRS 1 Hour Walking Stairs	24
25 PACER 40K LONG RUN	26	27 HILLS 1 Hour Power Walk some Hills	28 EASY 10K Easy Run	29 TRILLS 2K Plus 10 Hill Repeats	30	
						

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July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 10K Trail Run
2 24K SPECIAL	3	4 3-4 Punch 3x 3minHD 4minEZ 4minHD 3minEZ	5 HILLS 1 Hour Power Walk some Hills	6 The REID 3K + 45 Minutes of Rolling Hills	7	8 EASY 16K Trail Run
9 30K LONG RUN	10	11 HILLY 12K Rolling Hills Run	12	13 BUILD 3K EZ, 4K Med, 3K Strong	14 EASY 9K Easy Run	15
16 32K LONG RUN	17	18 CutDown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	19 HILLS 1 Hour Power Walk some Hills	20 TRILLS 2K Plus 12 Hill Repeats	21	22 EASY 20K Trail Run
23 24K LONG RUN	24	25 3-4Punch 3x 3minHD 4minEZ 4minHD 3minEZ	26	27 PYLONS 3K Plus 4 Sets+	28 STAIRS 1 Hour Walking Stairs	29 EASY 10K Trail Run
30 24K SPECIAL	31					

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August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HOUR Run Run as far as you can in 60 Minutes	2 HILLS 1 Hour Power Walk some Hills	3 PYLONS 3K Plus 4 Sets+	4	5 EASY 20K Trail Run
6 30K LONG RUN	7	8 3-4 Punch 3x 3minHD 4minEZ 4minHD 3minEZ	9 EASY 6K Easy Run	10 The REID 3K + 55 Minutes of Rolling Hills	11 STAIRS 1 Hour Walking Stairs	12
13 34K LONG RUN	14	15 FLOAT 14K Medium Long Run	16	17 TRILLS 2K Plus 12 Hill Repeats	18	19 EASY 20K Trail Run
20 36K LONG RUN	21	22 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min FZ b/w Sets	23 HILLS 1 Hour Power Walk some Hills	24 PYLONS 2K Plus 4 Sets+	25 EASY 8K Easy Run	26
27 44K LONG RUN	28	29 FLUSH 6K Flush out the Legs Run	30	31 TRILLS 2K Plus 12 Hill Repeats		

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September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 STAIRS 1 Hour Walking Stairs	2 EASY 10K Trail Run
3 20K LONG RUN	4	5 BUILD 3K EZ, 4K Med, 3K Strong	6 EASY 9K Easy Run	7 HILLY 8K Rolling Hills Run	8	9
10 14K LONG RUN	11	12 EASY 10K Easy Run	13	14 EASY 7-8K Easy Run	15	16 RACE DAY!
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						