

# 2024 Around the Bay 15K Schedule

## November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 <b>6-10K Long Run</b>	13	14 <b>Let's GO!</b> 6K Run – shake off the rust!	15	16 <b>Let's GO!</b> 6K Run – shake off the rust!	17	18 <b>EASY</b> 5K Easy Run
19 <b>8-10K Long Run</b>	20	21 <b>Let's GO!</b> 8K Run – shake off the rust!	22	23 <b>BUILD</b> 3K EZ, 2K Med, 2K Strong	24 <b>EASY</b> 5K Easy Run	25
26 <b>8-10K Long Run</b>	27	28 <b>1-2 Punch</b> 4x 1minHD 2minEZ 2minHD 1minEZ	29	30 <b>TEMPO</b> 3K Easy, 3K Push the Pace		

# 2024 Around the Bay 15K Schedule

## December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>EASY</b> 5K Easy Run	2
3 <b>10K Long Run</b>	4	5 <b>HOUR</b> Run Run as far as you can in 60 Minutes	6	7 <b>The REID</b> 3K + 30 Minutes of Rolling Hills	8 <b>EASY</b> 5K Easy Run	9
10 <b>12K Long Run</b>	11	12 <b>1-2 Punch</b> 5x 1minHD 2minEZ 2minHD 1minEZ	13	14 <b>PYRAMID</b> 1,2,3,4,3,2,1 Hard then EZ	15	16 <b>EASY</b> 5K Easy Run
17 <b>12K Long Run</b>	18	19 <b>SPEEDUP</b> 2x3KProgress from EZ to FAST	20	21 <b>HILLS</b> 2-3K Plus 5 Hill Repeats	22 <b>EASY</b> 5K Easy Run	23
24 <b>12K Special</b>	25	26 <b>FUN RUN</b> 35 Minute Run – Gravy Burner	27	28 <b>STEADY</b> 6K Steady Run	29	30 <b>EASY</b> 5K Easy Run
31 <b>14K Long Run</b>						


# 2024 Around the Bay 15K Schedule

## January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <b>HOUR</b> Run Run as far as you can in 60 Minutes	3	4 <b>PYLONS</b> 2-3K Plus 2 Sets	5 <b>EASY</b> 6K Easy Run	6
7 <b>12K Long Run</b>	8	9 <b>1-2 Punch</b> 5x 1minHD 2minEZ 2minHD 1minEZ	10	11 <b>HILLS</b> 2-3K Plus 6 Hill Repeats	12	13 <b>EASY</b> 6K Easy Run
14 <b>16K Long Run</b>	15	16 <b>BUILD</b> 3K EZ, 2K Med, 2K Strong	17	18 <b>PYLONS</b> 2-3K Plus 3 Sets	19	20 <b>TEMPO</b> 6K Tempo Run
21 <b>12K Special</b>	22	23 <b>SPEEDUP</b> 2x3KProgress from EZ to FAST	24	25 <b>HILLS</b> 2-3K Plus 8 Hill Repeats	26	27 <b>EASY</b> 6K Easy Run
28 <b>12K Long Run</b>	29	30 <b>Cut Down</b> 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	31 <b>EASY</b> 5K Easy Run			

# 2024 Around the Bay 15K Schedule

## February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <b>PYLONS</b> 2-3K Plus 3 Sets	2	3
4 <b>16K Long Run</b>	5	6 <b>HOURRun</b> Run as far as you can in 60 Minutes	7	8 <b>10-20-30</b> 3K warmup 2x4Minutes	9	10 <b>EASY</b> 5K Easy Run
11 <b>14K Long Run</b>	12	13 <b>1-2 Punch</b> 5x 1minHD 2minEZ 2minHD 1minEZ	14	15 <b>The REID</b> 3K + 30 Minutes of Rolling Hills	16	17 <b>TEMPO</b> 6K Tempo Run
18 <b>16K Special</b>	19	20 <b>Cut Down</b> 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	21	22 <b>10-20-30</b> 3K warmup 2x5Minutes	23	24 <b>EASY</b> 5K Easy Run
25 <b>18K Long Run</b>	26	27 <b>SPEEDUP</b> 2x3KProgress from EZ to FAST	28	29 <b>PYRAMID</b> 1,2,3,3,2,1 Hard then EZ		

# 2024 Around the Bay 15K Schedule

## March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>EASY</b> 6K Easy Run
3 <b>16K Long Run</b>	4	5 <b>3,4,5 KICK</b> 3K+1x3,3,4,4,5,5 Min HD then EZ	6	7 <b>10-20-30</b> 3K warmup 2x6Minutes	8 <b>EASY</b> 6K Easy Run	9
10 <b>12K Long Run</b>	11	12 <b>RacePace</b> 5x1K @ Target Race Pace	13	14 <b>EASY</b> 6K Easy Run	15	16 <b>EASY</b> 5K Easy Run
17 <b>8K Long Run</b>	18	19 <b>EASY</b> 5K Run with 5 Accelerations	20	21 <b>EASY</b> 30 Minute Super Easy Run	22	23 <b>JOG+</b> 3K Jog with 5 Accelerations
24 <b>RACE!</b>	25	26	27	28	29	30
31						