


2024 Around the Bay 30K-ish Schedule

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 8-12K Long Run	13	14 Let's GO! 8K Run – shake off the rust!	15	16 Let's GO! 8K Run – shake off the rust!	17	18 EASY 8K Easy Run
19 10-12K Long Run	20	21 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	22	23 BUILD 3K EZ, 3K Med, 3K Strong	24 EASY 8K Easy Run	25
26 12-14K Long Run	27	28 SPEEDUP 2x4KProgress from EZ to FAST	29	30 TEMPO 4K Easy, 4K Push the Pace		


2024 Around the Bay 30K-ish Schedule

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 9K Easy Run	2
3 14K Long Run	4	5 HOUR Run Run as far as you can in 60 Minutes	6	7 The REID 3K + 40 Minutes of Rolling Hills	8 EASY 9K Easy Run	9
10 16K Long Run	11	12 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	13	14 PYRAMID 1,2,3,4,3,2,1 Hard then EZ	15	16 EASY 7K Easy Run
17 18K Long Run	18	19 SPEEDUP 2x4KProgress from EZ to FAST	20	21 HILLS 2-3K Plus 7 Hill Repeats	22	23 TEMPO 9K Tempo Run
24 16K Special	25	26 FUN RUN 45 Minute Run – Gravy Burner	27	28 TEMPO 8K Tempo Run	29	30 EASY 7K Easy Run
31 20K Long Run						


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January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HOUR Run Run as far as you can in 60 Minutes	3	4 PYLONS 2-3K Plus 3 Sets	5 EASY 8K Easy Run	6
7 22K Long Run	8	9 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	10	11 HILLS 2-3K Plus 8 Hill Repeats	12	13 EASY 8K Easy Run
14 24K Long Run	15	16 BUILD 3K EZ, 3K Med, 3K Strong	17	18 PYLONS 2-3K Plus 4 Sets	19	20 TEMPO 9K Tempo Run
21 16K Special	22	23 SPEEDUP 2x5KProgress from EZ to FAST	24	25 HILLS 2-3K Plus 10 Hill Repeats	26	27 EASY 8K Easy Run
28 26K Long Run	29	30 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	31 EASY 8K Easy Run			

2024 Around the Bay 30K-ish Schedule

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PYLONS 2-3K Plus 4.5 Sets	2	3
4 28K Long Run	5	6 HOURRun Run as far as you can in 60 Minutes	7	8 10-20-30 4K warmup 2x6Minutes	9	10 EASY 7K Easy Run
11 30K Long Run	12	13 1-2 Punch 7x 1minHD 2minEZ 2minHD 1minEZ	14	15 The REID 3K + 40 Minutes of Rolling Hills	16	17 TEMPO 9K Tempo Run
18 16K Special	19	20 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	21	22 10-20-30 4K warmup 2x8Minutes	23	24 EASY 7K Easy Run
25 32K Long Run	26	27 SPEEDUP 2x5KProgress from EZ to FAST	28	29 PYRAMID 1,2,3,4,4,3,2,1 Hard then EZ		

2024 Around the Bay 30K-ish Schedule

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 8K Easy Run	2
3 34K Long Run	4	5 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	6	7 10-20-30 4K warmup 2x8Minutes	8 EASY 8K Easy Run	9
10 16K Long Run	11	12 RacePace 6x1K @ Target Race Pace	13	14 EASY 8K Easy Run	15	16 EASY 7K Easy Run
17 10K Long Run	18	19 EASY 6K Run with 5 Accelerations	20	21 EASY 40 Minute Super Easy Run	22	23 JOG+ 3K Jog with 5 Accelerations
24 RACE!	25	26	27	28	29	30
31						