


2024 Mont Tremblant 70.3 Run ONLY 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 Just Run 6-8K Easy Run	15	16 Just Run 6-8K Easy Run	17	18
19 8-12K Long Run	20	21 Just Run 6-8K Easy Run	22	23 Just Run 6-8K Easy Run	24	25
26 8-12K Long Run	27	28 Just Run 6-8K Easy Run	29	30 Just Run 6-8K Easy Run		
						

2024 Mont Tremblant 70.3 Run ONLY Schedule

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 10K Long Run	4	5 Let's GO! 8K Run – get the legs back!	6	7 EASY 35 Minute Easy Run	8	9
10 10K Long Run	11	12 Let's GO! 8K Run – get the legs back!	13	14 EASY 40 Minute Easy Run	15	16
17 12K Long Run	18	19 Let's GO! 8K Run – get the legs back!	20	21 EASY 45 Minute Easy Run	22	23
24 12K Special	25	26 FUN RUN 30-40 Minute Run – Gravy Burner	27	28 EASY 50 Minute Easy Run	29	30
31 14K 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 STEADY 8K Steady Run	5	6
7 16K Long Run	8	9 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	10	11 HILLS 2-3K Plus 6 Hill Repeats	12	13
14 16K Long Run	15	16 BUILD 3K EZ, 3K Med, 2K Strong	17	18 PYLONS 2-3K Plus 3 Sets	19	20
21 16K Special	22	23 STEADY 8K Steady	24	25 HILLS 2-3K Plus 8 Hill Repeats	26	27
28 18K Long Run	29	30 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	31			


2024 Mont Tremblant 70.3 Run ONLY Schedule

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PYLONS 2-3K Plus 3 Sets+	2	3
4 16K Long Run	5	6 HOUR Run Run as far as you can in 60 Minutes	7	8 HILLS 2-3K Plus 10 Hill Repeats	9	10
11 18K Long Run	12	13 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	14	15 PYLONS 2-3K Plus 4 Sets	16	17
18 16K Special	19	20 BUILD 3K EZ, 3K Med, 2K Strong	21	22 EASY 8K Easy Run	23	24
25 16K Long Run	26	27 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	28	29 The REID 3K + 35 Minutes of Rolling Hills		

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March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 18K Long Run	4	5 HOUR Run Run as far as you can in 60 Minutes	6	7 PYRAMID 1,2,3,4,4,3,2,1 Hard then EZ	8	9
10 16K Long Run	11	12 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	13	14 TEMPO 7K Tempo Run	15	16
17 16K Special	18	19 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	20	21 BUILD 3K EZ, 3K Med, 3K Strong	22	23
24 18K Long Run	25	26 TEMPO 8K Tempo Run	27	28 The REID 3K + 35 Minutes of Rolling Hills	29	30
31 20K Long Run						


2024 Mont Tremblant 70.3 Run ONLY Schedule

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HOUR Run Run as far as you can in 60 Minutes	3	4 TRACK 4x200, 4x400, 1x800, 2x200	5	6
7 18K Long Run	8	9 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	10	11 TRACK 2x200, 4x400, 2x800, 2x200	12	13
14 16K Special	15	16 3,4,5 KICK 3K+1x3,3,4,4,5,5 Min HD then EZ	17	18 TRACK 4x400, 3x1200 1x400(fastest)	19	20
21 20K Long Run	22	23 TEMPO 8K Tempo Run	24	25 The REID 3K + 35 Minutes of Rolling Hills	26	27
28 14K Long Run	29	30 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets				

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May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 PYRAMID 1,2,3,4,4,3,2,1 Hard then EZ	3	4
5 22K Long Run	6	7 HOUR Run Run as far as you can in 60 Minutes	8	9 TRACK 2x400, 3x800, 1x1200, 2x400	10	11
12 24K Long Run	13	14 3,4,5 KICK 3K+1x3,3,4,4,5,5 Min HD then EZ	15	16 BUILD 2K EZ, 3K Med, 3K Strong	17	18
19 14K Long Run	20	21 The REID 3K + 35 Minutes of Rolling Hills	22	23 TEMPO 8K Tempo Run	24	25
26 10K Long Run	27	28 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	29	30 TRACK 2x400, 2x1200, 2x800, 4x200	31	

2024 Mont Tremblant 70.3 Run ONLY Schedule

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 22K Long Run	3	4 H.I.I.T. 3K Plus 8x45sec Hard, 2:15 EZ	5	6 BUILD 2K EZ, 3K Med, 3K Strong	7	8
9 14K Long Run	10	11 TEMPO 8K Tempo Run	12	13 EASY 8K Easy Run	14	15
16 10K Long Run	17	18 EASY 7K Easy Run	19	20	21 EASY 5K Easy Run	22
23 RACE!	24	25	26	27	28	29 
30						