

2024 SSTR 100Mile Schedule

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 12K Long Run	13	14 Just Run 10K Easy Run	15	16 Just Run 12K Easy Run	17 EASY 8K Easy Run	18
19 14K Long Run	20	21 Just Run 10K Easy Run	22	23 Just Run 12K Easy Run	24 EASY 9K Easy Run	25 8K Long Run
26 16K Long Run	27	28 Just Run 10K Easy Run	29	30 Just Run 12K Easy Run		

2024 SSTR 100Mile Schedule

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 8K Easy Run	2
3 18K Long Run	4	5 Let's GO! 10K Run – get the legs back!	6	7 EASY 10K Easy Run	8 EASY 8K Easy Run	9
10 120K Long Run	11	12 Let's GO! 12K Run – get the legs back!	13	14 EASY 10K Easy Run	15	16 12K Long Run
17 22K Long Run	18	19 BUILD 3K EZ, 4K Med, 3K Hard	20	21 EASY 12K Easy Run	22 EASY 10K Easy Run	23 14K Long Run
24 16K Special	25	26 FUN RUN 45 Minute Run – Gravy Burner	27	28 TEMPO 5K Easy, 5K Push the Pace	29	30 12K Long Run
31 24K Long Run						

2024 SSTR 100Mile Schedule

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 STEADY 12K Steady Run	3	4 BUILD 4K EZ, 4K Med, 4K Hard	5	6 16K Long Run
7 26K Long Run	8	9 AM/PM 7K in the Am 7K in the PM – Faster	10 EASY 14K Easy Run	11 HILLS 2-3K Plus 10 Hill Repeats	12	13 18K Long Run
14 30K Long Run	15	16 BUILD 4K EZ, 4K Med, 4K Strong	17	18 PYLONS 2-3K Plus 4 Sets	19 EASY 14K Easy Run	20 12K Long Run
21 24K Special	22	23 SPEEDUP 2x6K Progress from EZ to FAST	24 EASY 14K Easy Run	25 HILL S 2-3K Plus 12 Hill Repeats	26	27 20K Long Run
28 32K Long Run	29	30 AM/PM 8K in the Am 8K in the PM – Faster	31 EASY 15K Easy Run			

2024 SSTR 100Mile Schedule

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PYLONS 2-3K Plus 5 Sets	2 EASY 14K Easy Run	3 EASY
4 36K Long Run	5	6 FLUSH 10K Flush out the legs run	7 EASY 16K Easy Run	8 HILLS 2-3K Plus 12 Hill Repeats	9	10 20K Long Run
11 32K Long Run	12	13 AM/PM 9K in the Am 9K in the PM – Faster	14	15 PYLONS 2-3K Plus 5 Sets	16 EASY 16K Easy Run	17 12K Long Run
18 24K Special	19	20 SPEEDUP 2x7K Progress from EZ to FAST	21 EASY 18K EASY Run	22 BUILD 5K EZ, 5K Med, 5K Strong	23	24 20K Long Run
25 36K Long Run	26	27 3,4,5 KICK 3K+3x3,3,4,4,5,5 Min HD then EZ	28	29 The REID 80 Minutes of Rolling Hills		


2024 SSTR 100Mile Schedule

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 14K Easy Run	2
3 40K Long Run	4	5 AM/PM 10K in the Am 10K in the PM – Faster	6 EASY 15K Easy Run	7 HILLS 2-3K Plus 15 Hill Repeats	8	9 24K Long Run
10 36K Long Run	11	12 SPEEDUP 2x8K Progress from EZ to FAST	13	14 The REID 80 Minutes of Rolling Hills	15 EASY 15K Easy Run	16 12K Long Run
17 24K Special	18	19 3,4,5 KICK 3K+3x3,3,4,4,5,5 Min HD then EZ	20 EASY 20K EASY Run	21 BUILD 5K EZ, 5K Med, 5K Strong	22	23 16K Long Run
24 32K Long Run	25	26 SPEEDUP 2x8K Progress from EZ to FAST	27	28 TRAIL 15K Trail Run with Hills	29 EASY 10K Easy Run	30 20K Long Run
31 40K Long Run						

2024 SSTR 100Mile Schedule

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 AM/PM 12K in the Am 12K in the PM – Faster	3 EASY 20K Easy Run	4 TRAIL 18K Trail Run with Hills	5	6 24K Long Run
7 40K Long Run	8	9 TRAIL 20K Trail Run with Hills	10	11 The REID 80 Minutes of Rolling Hills	12 EASY 16K Easy Run	13
14 24K Special	15	16 3,4,5 KICK 3K+3x3,3,4,4,5,5 Min HD then EZ	17 EASY 18K Easy Run	18 TRAIL 15K Trail Run with Hills	19	20
21 50K Long Run	22	23 SPEEDUP 2x9K Progress from EZ to FAST	24	25 TRAIL 18K Trail Run with Hills	26 EASY 12K Easy Run	27 28K Long Run
28 42K Long Run	29	30 AM/PM 12K in the Am 12K in the PM – Faster				

2024 SSTR 100Mile Schedule

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 16K Easy Run	2 TRAIL 20K Trail Run with Hills	3 EASY 12K Easy Run	4
5 55-60K Long Run	6	7 FLUSH 10K Flush out the legs run!	8	9 The REID 80 Minutes of Rolling Hills	10	11 16K Long Run
12 26K Long Run	13	14 SPEEDUP 2x10K Progress from EZ to FAST	15	16 EASY 15K Easy Run	17	18 EASY 12K Easy Run
19 16K Long Run	20	21 EASY 10K Easy Run	22	23 EASY 40 Minute Super Easy Run	24	25 RACE!
26	27	28	29	30	31	