

2024 SSTR 20K Schedule

November 2023

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

2024 SSTR 20K Schedule

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 5K Easy Run	2
3 10K Long Run	4	5 Let's GO! 8K Run – get the legs back!	6	7 EASY 35 Minute Easy Run	8 EASY 5K Easy Run	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 EASY 6K Easy Run
17 12K Long Run	18	19 Let's GO! 8K Run – get the legs back!	20	21 EASY 45 Minute Easy Run	22 EASY 5K Easy Run	23
24 12K Special	25	26 FUN RUN 30-40 Minute Run – Gravy Burner	27	28 EASY 50 Minute Easy Run	29 BUILD 4K Easy, 2K Medium	30
31 12K Long Run						

2024 SSTR 20K Schedule

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 EASY 6K Easy Run	6
7 12K Long Run	8	9 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	10 EASY 6K Easy Run	11 HILLS 2-3K Plus 6 Hill Repeats	12	13
14 14K Long Run	15	16 BUILD 3K EZ, 3K Med, 2K Strong	17	18 PYLONS 2-3K Plus 3 Sets	19 EASY 5K Easy Run	20
21 12K Special	22	23 STEADY 8K Steady	24 TEMPO 6K Tempo Run	25 HILLS 2-3K Plus 8 Hill Repeats	26	27
28 16K 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 FLOAT 6K Float Run			
						

2024 SSTR 20K Schedule

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PYLONS 2-3K Plus 3 Sets+	2	3
4 14K 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 EASY 6K Easy Run	10
11 16K Long Run	12	13 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	14 EASY 6K Easy Run	15 PYLONS 2-3K Plus 4 Sets	16	17
18 16K Special	19	20 BUILD 3K EZ, 3K Med, 2K Strong	21 TEMPO 7K Tempo Run	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		

2024 SSTR 20K Schedule

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 7K Easy Run	2
3 14K 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 HILLY 8K Hilly Run
10 18K Long Run	11	12 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	13	14 TEMPO 7K Tempo Run	15 EASY 7K Easy Run	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 EASY 6K Easy Run	21 PYLONS 2-3K Plus 4 Sets	22	23
24 18K Long Run	25	26 TEMPO 8K Tempo Run	27	28 The REID 3K + 35 Minutes of Rolling Hills	29 EASY 7K Easy Run	30
31 18K Long Run						

2024 SSTR 20K 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 EASY 8K Easy Run	6
7 20K Long Run	8	9 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	10	11 TRACK 2x200, 4x400, 2x800, 2x200	12	13 HILLY 6K Hilly Run
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 EASY 8K Easy Run
21 22K Long Run	22	23 TEMPO 8K Tempo Run	24 EASY 6K Easy Run	25 The REID 3K + 35 Minutes of Rolling Hills	26	27
28 16K Long Run	29	30 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets				

2024 SSTR 20K Schedule

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLY 10K Hilly Run	3	4 EASY 8K Easy Run
5 24K Long Run	6	7 3,4,5 KICK 3K+1x3,3,4,4,5,5 Min HD then EZ	8	9 TRACK 2x400, 3x800, 1x1200, 2x400	10 EASY 5K Recovery Run	11
12 12K Long Run	13	14 HILLY 8K Hilly Run	15	16 EASY 8K Easy Run	17	18 EASY 5K Easy Run
19 8K Long Run	20	21 EASY 6K Run with 5 Accelerations	22	23 EASY 30 Minute Super Easy Run	24	25 JOG+ 3K Jog with 5 Accelerations
26 RACE!	27	28	29	30	31	