

2024 SSTR 50K 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 8K Easy Run	15	16 Just Run 8K Easy Run	17 EASY 6K Easy Run	18
19 8-12K Long Run	20	21 Just Run 8-10K Easy Run	22	23 Just Run 8-10K Easy Run	24 EASY 6K Easy Run	25
26 10-12K Long Run	27	28 Just Run 10K Easy Run	29	30 Just Run 10K Easy Run		


2024 SSTR 50K Schedule

December 2023

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

2024 SSTR 50K 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 BUILD 3K EZ, 4K Med, 3K Hard	5	6 10K Long Run
7 18K Long Run	8	9 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	10	11 HILLS 2-3K Plus 8 Hill Repeats	12	13 10K Long Run
14 20K Long Run	15	16 BUILD 3K EZ, 4K Med, 3K Strong	17	18 PYLONS 2-3K Plus 3 Sets	19 EASY 10K Easy Run	20
21 16K Special	22	23 SPEEDUP 2x5KProgress from EZ to FAST	24 FLOAT 12K FLOAT Run	25 HILL S 2-3K Plus 10 Hill Repeats	26	27 16K Long Run
28 24K 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			


2024 SSTR 50K Schedule

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PYLONS 2-3K Plus 4 Sets	2 EASY 8K Easy Run	3
4 28K Long Run	5	6 HOUR Run Run as far as you can in 60 Minutes	7	8 HILLS 2-3K Plus 12 Hill Repeats	9	10 20K Long Run
11 20K Long Run	12	13 1-2 Punch 7x 1minHD 2minEZ 2minHD 1minEZ	14	15 PYLONS 2-3K Plus 5 Sets	16 EASY 10K Easy Run	17
18 16K Special	19	20 SPEEDUP 2x5K Progress from EZ to FAST	21 FLOAT 12K FLOAT Run	22 BUILD 3K EZ, 3K Med, 4K Strong	23	24 16K Long Run
25 28K Long Run	26	27 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	28	29 The REID 60 Minutes of Rolling Hills		

2024 SSTR 50K Schedule

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 10K Easy Run	2
3 30K Long Run	4	5 HOUR Run Run as far as you can in 60 Minutes	6 EASY 10K Easy Run	7 PYRAMID 1,2,3,4,5.4,3,2,1 Hard then EZ	8	9 16K Long Run
10 24K Long Run	11	12 SPEEDUP 2x5KProgress from EZ to FAST	13	14 The REID 60 Minutes of Rolling Hills	15 EASY 10K Easy Run	16
17 16K Special	18	19 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	20 FLOAT 10K FLOAT Run	21 BUILD 3K EZ, 3K Med, 4K Strong	22	23 16K Long Run
24 30K Long Run	25	26 SPEEDUP 2x5KProgress from EZ to FAST	27	28 TRAIL 12K Trail Run with Hills	29	30 20K Long Run
31 26K Long Run						

2024 SSTR 50K Schedule

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HOUR Run Run as far as you can in 60 Minutes	3 EASY 10K Easy Run	4 TRAIL 15K Trail Run with Hills	5	6 20K Long Run
7 28K Long Run	8	9 TRAIL 16K Trail Run with Hills	10	11 The REID 60 Minutes of Rolling Hills	12 EASY 10K Easy Run	13
14 16K Special	15	16 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	17 FLOAT 10K FLOAT Run	18 TRAIL 15K Trail Run with Hills	19	20 14K Long Run
21 22K Long Run	22	23 SPEEDUP 2x5KProgress from EZ to FAST	24	25 TRAIL 15K Trail Run	26	27 12K Long Run
28 36K 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				

2024 SSTR 50K Schedule

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 PYRAMID 1,2,3,4,5,4,3,2,1 Hard then EZ	3 EASY 10K Easy Run	4
5 40K Long Run	6	7 FLUSH 10K Flush out the legs run!	8	9 The REID 60 Minutes of Rolling Hills	10	11 8K Long Run
12 20K Long Run	13	14 SPEEDUP 2x5K Progress from EZ to FAST	15	16 EASY 9K Easy Run	17	18 EASY 8K Easy Run
19 12K Long Run	20	21 EASY 8K Easy Run	22	23 EASY 40 Minute Super Easy Run	24	25 RACE!
26	27	28	29	30	31	