

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

2024 SSTR 50Mile Schedule

December 2023

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

2024 SSTR 50Mile Schedule

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 STEADY 10K Steady Run	3	4 BUILD 3K EZ, 4K Med, 3K Hard	5	6 10K Long Run
7 22K Long Run	8	9 AM/PM 8K in the Am 8K in the PM – Faster	10 EASY 12K Easy Run	11 HILLS 2-3K Plus 9 Hill Repeats	12	13 16K Long Run
14 24K Long Run	15	16 BUILD 4K EZ, 4K Med, 4K Strong	17	18 PYLONS 2-3K Plus 3 Sets	19 EASY 12K Easy Run	20
21 16K Special	22	23 SPEEDUP 2x5K Progress from EZ to FAST	24 FLOAT 12K FLOAT Run	25 HILL S 2-3K Plus 12 Hill Repeats	26	27 16K Long Run
28 28K Long Run	29	30 AM/PM 8K in the Am 8K in the PM – Faster	31			


2024 SSTR 50Mile Schedule

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PYLONS 2-3K Plus 4 Sets	2	3 20K Long Run
4 24K Long Run	5	6 TEMPO 4K Easy, 6K Tempo Run	7 EASY 12K Easy Run	8 HILLS 2-3K Plus 12 Hill Repeats	9	10 16K Long Run
11 28K Long Run	12	13 AM/PM 7K in the Am 7K in the PM – Faster	14	15 PYLONS 2-3K Plus 5 Sets	16 EASY 12K Easy Run	17
18 24K Special	19	20 SPEEDUP 2x5K Progress from EZ to FAST	21 FLOAT 14K FLOAT Run	22 BUILD 4K EZ, 4K Med, 4K Strong	23	24 20K 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 50Mile Schedule

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 12K Easy Run	2
3 32K Long Run	4	5 AM/PM 8K in the Am 8K in the PM – Faster	6 EASY 16K Easy Run	7 PYRAMID 1,2,3,4,5.4,3,2,1 Hard then EZ	8	9 20K Long Run
10 30K Long Run	11	12 SPEEDUP 2x5K Progress from EZ to FAST	13	14 The REID 60 Minutes of Rolling Hills	15 EASY 12K Easy Run	16
17 24K 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 15K FLOAT Run	21 BUILD 4K EZ, 4K Med, 4K Strong	22	23 16K Long Run
24 30K Long Run	25	26 SPEEDUP 2x6K Progress from EZ to FAST	27	28 TRAIL 12K Trail Run with Hills	29 EASY 9K Easy Run	30 20K Long Run
31 32K Long Run						

2024 SSTR 50Mile Schedule

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 AM/PM 8K in the Am 8K in the PM – Faster	3 EASY 12K Easy Run	4 TRAIL 18K Trail Run with Hills	5	6 20K Long Run
7 36K Long Run	8	9 TRAIL 16K Trail Run with Hills	10	11 The REID 60 Minutes of Rolling Hills	12 EASY 14K Easy Run	13
14 24K Special	15	16 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	17 FLOAT 12K FLOAT Run	18 TRAIL 15K Trail Run with Hills	19	20 20K Long Run
21 36K Long Run	22	23 SPEEDUP 2x6K Progress from EZ to FAST	24	25 TRAIL 18K Trail Run with Hills	26 EASY 9K Easy Run	27 20K Long Run
28 40K 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 50Mile Schedule

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 8K Easy Run	2 PYRAMID 1,2,3,4,5,4,3,2,1 Hard then EZ	3 EASY 10K Easy Run	4
5 44K Long Run	6	7 FLUSH 10K Flush out the legs run!	8	9 The REID 60 Minutes of Rolling Hills	10	11 12K Long Run
12 20K Long Run	13	14 SPEEDUP 2x6K Progress from EZ to FAST	15	16 EASY 9K Easy Run	17	18 EASY 8K Easy Run
19 14K 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	