

# 2024 Victoria 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 <b>8-12K Long Run</b>	13	14 <b>Just Run</b> 6-8K Easy Run	15	16 <b>Just Run</b> 6-8K Easy Run	17	18
19 <b>8-12K Long Run</b>	20	21 <b>Just Run</b> 6-8K Easy Run	22	23 <b>Just Run</b> 6-8K Easy Run	24	25
26 <b>8-12K Long Run</b>	27	28 <b>Just Run</b> 6-8K Easy Run	29	30 <b>Just Run</b> 6-8K Easy Run		
						

# 2024 Victoria 70.3 Run ONLY Schedule

## December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 <b>10K Long Run</b>	4	5 <b>Let's GO!</b> 8K Run – get the legs back!	6	7 <b>EASY</b> 35 Minute Easy Run	8	9
10 <b>10K Long Run</b>	11	12 <b>Let's GO!</b> 8K Run – get the legs back!	13	14 <b>EASY</b> 40 Minute Easy Run	15	16
17 <b>12K Long Run</b>	18	19 <b>Let's GO!</b> 8K Run – get the legs back!	20	21 <b>EASY</b> 45 Minute Easy Run	22	23
24 <b>12K Special</b>	25	26 <b>FUN RUN</b> 30-40 Minute Run – Gravy Burner	27	28 <b>EASY</b> 50 Minute Easy Run	29	30
31 <b>14K Long Run</b>						


# 2024 Victoria 70.3 Run ONLY Schedule

## January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <b>HOUR</b> Run Run as far as you can in 60 Minutes	3	4 <b>STEADY</b> 8K Steady Run	5	6
7 <b>16K Long Run</b>	8	9 <b>1-2 Punch</b> 5x 1minHD 2minEZ 2minHD 1minEZ	10	11 <b>HILLS</b> 2-3K Plus 6 Hill Repeats	12	13
14 <b>16K Long Run</b>	15	16 <b>BUILD</b> 3K EZ, 3K Med, 2K Strong	17	18 <b>PYLONS</b> 2-3K Plus 3 Sets	19	20
21 <b>16K Special</b>	22	23 <b>STEADY</b> 8K Steady	24	25 <b>HILLS</b> 2-3K Plus 8 Hill Repeats	26	27
28 <b>18K Long Run</b>	29	30 <b>Cut Down</b> 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	31			


# 2024 Victoria 70.3 Run ONLY Schedule

## February 2024

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

# 2024 Victoria 70.3 Run ONLY Schedule

## March 2024

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

# 2024 Victoria 70.3 Run ONLY Schedule

## April 2024

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

# 2024 Victoria 70.3 Run ONLY Schedule

## May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>PYRAMID</b> 1,2,3,4,4,3,2,1 Hard then EZ	3	4
5 <b>24K Long Run</b>	6	7 <b>HOUR</b> Run Run as far as you can in 60 Minutes	8	9 <b>TRACK</b> 2x400, 3x800, 1x1200, 2x400	10	11
12 <b>14K Long Run</b>	13	14 <b>TEMPO</b> 8K Tempo Run	15	16 <b>TRACK</b> 2x400, 2x1200, 2x800, 4x200	17	18
19 <b>10K Long Run</b>	20	21 <b>EASY</b> 7K Easy Run	22	23 <b>EASY</b> 6K Easy Run	24	25 <b>EASY</b> 5K Easy Run
26 <b>RACE!</b>	27	28	29	30	31	