


2024 BARKLEY FALL CLASSIC 50K

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8 12K Long Run
9 18K Long Run	10	11 EASY 6-10K Easy Run	12	13 Let's Run 6-10K Easy Run	14	15 18K Long Run
16 16K Long Run	17	18 RUN! 10K Run. Get the habit back!	19 DOWN 6-8K Mostly Downhill	20 STEADY 10K Steady Run	21	22 20K Long Run
23 16K Long Run	24	25 1-2Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	26 TRAIL 10K Trail Run	27 The REID 60 Minutes of Rolling Hills	28	29
30 24K Long Run						


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July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HOUR Run Run as far as you can in 60 Minutes	3	4 TRILLS 10 Trail Hill Repeats	5	6 20K Long Run
7 20K Long Run	8	9 TRACK 3x4x400m Build within the 4	10	11 The REID 60 Minutes of Rolling Hills	12 TRAIL 12K Trail Run	13
14 24K SPECIAL	15	16 TRAIL 15K Trail Run	17 DOWN 6-8K Mostly Downhill	18 TRILLS 12 Trail Hill Repeats	19	20 28K Long Run
21 18K Long Run	22	23 BUILD 4K EZ, 4K Med, 4K Hard	24	25 TRAIL 15K Trail Run	26	27 30K Long Run
28 20K Long Run	29	30 TRAIL 16K Trail Run	31 DOWN 6-8K Mostly Downhill			

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August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 BUILD 4K EZ, 4K Med, 4K Med+	2	3 34K Long Run
4 20K Long Run	5	6 HOUR Run Run as far as you can in 60 Minutes	7	8 TRILLS 12 Trail Hill Repeats	9 TRAIL 12K Trail Run	10
11 24K SPECIAL	12	13 TRACK 4x4x400m Build within the 4	14 DOWN 6-8K Mostly Downhill	15 PYLONS 2-3K Plus 4 Sets	16	17 20K Long Run
18 CN RUN 30K Long Run	19	20 SPEED UP 2x6K Progress from EZ to FAST	21	22 TRILLS 14 Trail Hill Repeats	23	24 12K Long Run
25 40K Long Run	26	27 TRAIL 14K Trail Run	28	29 PYLONS 2-3K Plus 5 Sets	30	31

2024 BARKLEY FALL CLASSIC 50K

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 52K Long Run	2	3	4 FLUSH 6-8K Flush out the legs run	5 TRAIL 12K Trail Run	6	7 20K Long Run
8 30K Long Run	9	10 TRAIL 16K Trail Run	11	12 EASY 10K Easy Run	13 TRAIL 12K Trail Run	14
15 16K Long Run	16	17 EASY 10K Trail Run	18 EASY 40 Minutes Super Easy	19	20	21 Race Day!
22	23	24	25	26	27	28
29	30					