

2024 BARRELMAN HALF IRONMAN – RUN ONLY

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9 10K Long Run	10	11 EASY 6K Easy Run	12	13 Let's Run 6-8K Easy Run	14	15
16 12K Long Run	17	18 RUN! 8K Run. Get the habit back!	19	20 STEADY 8K Steady Run	21	22
23 15K Long Run Welland	24	25 1-2Punch 4 x 1minHD 2minEZ 2minHD 1minEZ	26	27 The REID 40 Minutes of Rolling Hills	28	29
30 14K 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 6 Trail Hill Repeats	5	6
7 16K Long Run	8	9 TRACK 3x3x400m Build within the 3	10	11 EASY 8K Easy Run	12	13
14 16K SPECIAL	15	16 FLOAT 8K Float On Run	17	18 TRILLS 7 Trail Hill Repeats	19	20
21 16K Long Run	22	23 BUILD 3K EZ, 3K Med, 2K Hard	24	25 TEMPO 7K Tempo Run	26	27
28 18K Long Run	29	30- 2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	31			

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August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 BUILD 3K EZ, 3K Med, 3K Hard	2	3
4 18K Long Run	5	6 HOUR Run Run as far as you can in 60 Minutes	7	8 TRACK 2x400m, 2x800m, 1600m, 2x400m	9	10
11 16K SPECIAL	12	13 BUILD 3K EZ, 3K Med, 3K Strong	14	15 TRACK Pyramid -200,400, 800,1200,1200, 800,400,200	16	17
18 CN RUN 20K Long Run	19	20 SPEEDUP 2x4KProgress from EZ to FAST	21	22 TEMPO 8K Tempo Run	23	24
25 22K Long Run	26	27 FLUSH 6K Flush out the legs run	28	29 TRACK 4x400m 3x1600m	30	31

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September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 14K Long Run	2	3 BUILD 3K EZ, 3K Med, 3K Strong	4	5 EASY 8K Easy Run	6	7
8 10K Long Run	9	10 GIDDYUP 5K Run with 5 Accelerations	11	12 EASY 40 Minutes Super Easy	13	14 EASY 4K Easy Run
15 Race Day!	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
						