



2024 CAPES 88 + MORE

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8 20K Long Run
9 20K Long Run	10	11 EASY 10K Easy Run	12	13 Let's Run 10K Easy Run	14	15 32K Long Run
16 16K Long Run	17	18 TRAIL 12K Trail Run	19	20 TRAIL 16K Trail Run	21	22 36K Long Run
23 20K Long Run	24	25 TRAIL 16K Trail Run	26 DOWN 6-8K Mostly Down Hill	27 TRILLS 10 Trail Hill Repeats	28	29 20K Long Run
30 16K Long Run						

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July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 TRAIL 16K Trail Run	3	4 EASY 8K Easy Run in am	5	6 50K First Blaze
7	8 FLUSH 10K Flush the legs out Run	9 The REID 60 Minutes of Rolling Hills	10	11 TRILLS 12 Trail Hill Repeats	12 EASY 10K Easy Run	13 20K Long Run
14 24K SPECIAL	15	16 TRAIL 15K Trail Run	17 DOWN 6-8K Mostly Downhill	18 TRILLS 12 Trail Hill Repeats	19	20 40K Long Run
21 24K Long Run	22 FLUSH 10K Flush the legs out Run	23 BUILD 5K EZ, 5K Med, 5K Hard 3K Easy	24	25 TRILLS 15 Trail Hill Repeats	26	27 50K 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 5K EZ, 5K Med, 5K Hard 3K Easy	2	3 20K Long Run
4 20K Long Run	5	6 TRAIL 10K Trail Run	7 EASY 8K Easy Run	8 EASY 45 Minute Easy Run	9	10 Capes 88K
11	12	13	14 FLUSH 60 Minute Flush out the legs Run	15	16 EASY 8K Easy Run	17
18 CN RUN 24K Long Run	19	20	21	22	23	24
25	26	27	28	29	30	31