


2024 SQUAMISH 50K + MORE

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 10K Easy Run	12	13 Let's Run 10K Easy Run	14	15 TRAIL 10K Trail Run
16 26K Long Run	17	18 TRAIL 12K Trail Run	19 STEADY 10K Steady Run	20 TRAIL 10K Trail Run	21	22 TRAIL 14K Trail Run
23 32K Long Run	24	25 TRAIL 16K Trail Run	26 DOWN 6-8K Mostly Downhill	27 TRILLS 10 Trail Hill Repeats	28	29 TRAIL 14K Long Run
30 24K Long Run						


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July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 TRAIL 16K Trail Run with Rolling Hills	3	4 TRILLS 12 Trail Hill Repeats	5	6 TRAIL 10K Trail Run
7 36K Long Run	8 FLUSH 9K Flush the legs out Run	9 The REID 60 Minutes of Rolling Hills	10	11 TRAIL 12K Trail Run	12 EASY 60 Minute Easy Run	13
14 24K SPECIAL	15	16 TRAIL 15K Trail Run	17 DOWN 6-8K Mostly Downhill	18 TRILLS 14 Trail Hill Repeats	19	20
21 14K Long Run	22	23 TRAIL 15K Trail Run	24 EASY 8K Easy Run	25 EASY 45 Minute Easy Run	26	27 Burning River 42K
28	29 FLUSH 8K Flush the legs out Run	30 TRAIL 12K Trail Run	31			

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August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 BUILD 5K EZ, 5K Med, 5K Hard 3K Easy	2 DOWN 6-8K Mostly Downhill	3 TRAIL 10K Trail Run
4 20K Long Run	5	6 TRAIL 16K Trail Run	7 EASY 45 Minute Easy Run	8 TRILLS 12 Trail Hill Repeats	9	10
11 12K Long Run	12	13 TRAIL 12K Trail Run	14	15 EASY 40 Minutes Super Easy	16	17 EASY 5K Easy Run
18 Race Day!	19	20	21	22	23	24
25	26	27	28	29	30	31