


# 2024 The BEAV 25K

## June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9 <b>10K Long Run</b>	10	11 <b>EASY</b> 6-8K Easy Run	12	13 <b>Let's Run</b> 6-8K Easy Run	14	15 <b>TRAIL</b> 6K Easy Run
16 <b>10K Long Run</b>	17	18 <b>RUN!</b> 8K Run. Get the habit back!	19	20 <b>STEADY</b> 8K Steady Run	21 <b>TRAIL</b> 7K Easy Run	22
23 <b>10K Long Run</b>	24	25 <b>1-2Punch</b> 5 x 1minHD 2minEZ 2minHD 1minEZ	26	27 <b>The REID</b> 40 Minutes of Rolling Hills	28	29 <b>TRAIL</b> 8K Easy Run
30 <b>12K Long Run</b>						


# 2024 The BEAV 25K

## July 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>TRILLS</b> 7 Trail Hill Repeats	5 <b>TRAIL</b> 8K Trail Run	6
7 <b>14K Long Run</b>	8	9 <b>TRACK</b> 3x3x400m Build within the 3	10	11 <b>TRAIL</b> 10K Trail Run	12 <b>STEADY</b> 8K Steady Run	13
14 <b>12K SPECIAL</b>	15	16 <b>TRAIL</b> 10K Trail Run	17 <b>TEMPO</b> 8K Tempo Run	18 <b>TRILLS</b> 8 Trail Hill Repeats	19	20
21 <b>14K Long Run</b>	22	23 <b>BUILD</b> 3K EZ, 3K Med, 3K Hard	24	25 <b>TRAIL</b> 12K Trail Run	26 <b>EASY</b> 8K Easy Run	27
28 <b>16K Long Run</b>	29	30 <b>TRAIL</b> 10K Trail Run	31			

# 2024 The BEAV 25K

## August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1 BUILD</b> 3K EZ, 4K Med, 3K Hard	<b>2</b>	<b>3 TRAIL</b> 8K Trail Run
<b>4</b> <b>18K Long Run</b>	<b>5</b>	<b>6 HOUR Run</b> Run as far as you can in 60 Minutes	<b>7</b>	<b>8 TRILLS</b> 9 Trail Hill Repeats	<b>9 EASY</b> 10K Easy Run	<b>10</b>
<b>11</b> <b>16K SPECIAL</b>	<b>12</b>	<b>13 TRACK</b> 3x3x400m Build within the 3	<b>14</b>	<b>15 PYLONS</b> 2-3K Plus 3 Sets	<b>16</b>	<b>17 TRAIL</b> 12K Trail Run
<b>18 CN RUN</b> <b>20K Long Run</b>	<b>19</b>	<b>20 SPEED UP</b> 2x4K Progress from EZ to FAST	<b>21 FLOAT</b> 10K FLOAT Run	<b>22 TRILLS</b> 9 Trail Hill Repeats	<b>23</b>	<b>24</b>
<b>25</b> <b>16K Long Run</b>	<b>26</b>	<b>27 TRAIL</b> 12K Trail Run	<b>28</b>	<b>29 PYLONS</b> 2-3K Plus 4 Sets	<b>30 TEMPO</b> 8K Tempo Run	<b>31</b>

# 2024 The BEAV 25K

## September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>22K Long Run</b>	2	3 <b>HOUR Run</b> Run as far as you can in 60 Minutes	4	5 <b>TRILLS</b> 10 Trail Hill Repeats	6 <b>TRAIL</b> 12K Trail Run	7
8 <b>16K SPECIAL</b>	9	10 <b>TRACK</b> 3x3x400m Build within the 3	11 <b>FLOAT</b> 10K FLOAT Run	12 <b>BUILD</b> 12K Build by 4K	13	14
15 <b>24K Long Run</b>	16	17 <b>TRAIL</b> 12K Trail Run	18	19 <b>FARTLEKS</b> 10K of Team Fartleks	20	21 <b>TRAIL</b> 12K Trail Run
22 <b>18K Long Run</b>	23	24 <b>SPEEDUP</b> 2x4K Progress from EZ to FAST	25	26 <b>The REID</b> 50 Minutes of Rolling Hills	27 <b>TRAIL</b> 10K Trail Run	28
29 <b>26K Long Run</b>	30					

# 2024 The BEAV 25K

## October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>HOUR</b> Run Run as far as you can in 60 Minutes	2 <b>EASY</b> 6K Easy Run	3 <b>BUILD</b> 12K Build by 4K EZ, Med, Med+	4	5
6 <b>16K SPECIAL</b>	7	8 <b>TRACK</b> 3x3x400m Build within the 3	9	10 <b>The REID</b> 50 Minutes of Rolling Hills	11 <b>TRAIL</b> 10K Trail Run	12
13 <b>28K Long Run</b>	14	15 <b>FLUSH</b> 10K Flush out the legs Run	16	17 <b>SPEEDUP</b> 2x4K Progress from EZ to FAST	18 <b>TRAIL</b> 8K Trail Run	19
20 <b>14K Long Run</b>	21	22 <b>TRAIL</b> 12K Trail Run	23	24 <b>EASY</b> 8K Easy Run	25	26 <b>EASY</b> 40 Minute Easy Run
27 <b>10K Long Run</b>	28	29 <b>STEADY</b> 8K Steady Run	30 <b>EASY</b> 40 Minutes Super Easy	31		

# 2024 The BEAV 25K

## November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>Race Day!</b>
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 