


2024 The BEAV 50K

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9 12K Long Run	10	11 EASY 8-10K Easy Run	12	13 Let's Run 6-10K Easy Run	14	15 TRAIL 7K Easy Run
16 14K Long Run	17	18 RUN! 10K Run. Get the habit back!	19	20 STEADY 10K Steady Run	21 TRAIL 8K Easy Run	22
23 16K Long Run	24	25 1-2Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	26	27 The REID 50 Minutes of Rolling Hills	28	29 TRAIL 10K Easy Run
30 18K Long Run						


2024 The BEAV 50K

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 9 Trail Hill Repeats	5 TRAIL 10K Easy Run	6
7 20K Long Run	8	9 TRACK 3x4x400m Build within the 4	10	11 TRAIL 12K Trail Run	12	13 12K Long Run
14 16K SPECIAL	15	16 TRAIL 15K Trail Run	17	18 TRILLS 10 Trail Hill Repeats	19	20 16K Long Run
21 20K Long Run	22	23 BUILD 3K EZ, 4K Med, 3K Hard	24	25 TRAIL 15K Trail Run	26 EASY 8K Easy Run	27
28 24K Long Run	29	30 TRAIL 12K Trail Run	31			

2024 The BEAV 50K

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 BUILD 3K EZ, 4K Med, 3K Hard	2	3 20K Long Run
4 20K Long Run	5	6 HOUR Run Run as far as you can in 60 Minutes	7	8 TRILLS 10 Trail Hill Repeats	9 EASY 10K Easy Run	10
11 24K SPECIAL	12	13 TRACK 3x4x400m Build within the 4	14 DOWN 6-8K Mostly Downhill	15 PYLONS 2-3K Plus 4 Sets	16	17 12K Long Run
18 CN RUN 28K Long Run	19	20 SPEED UP 2x5K Progress from EZ to FAST	21 FLOAT 12K FLOAT Run	22 TRILLS 12 Trail Hill Repeats	23	24
25 30K Long Run	26	27 TRAIL 12K Trail Run	28	29 PYLONS 2-3K Plus 4 Sets	30	31 20K Long Run


2024 The BEAV 50K

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K Long Run	2	3 HOUR Run Run as far as you can in 60 Minutes	4	5 TRILLS 10 Trail Hill Repeats	6 TRAIL 12K Trail Run	7
8 24K SPECIAL	9	10 TRACK 3x4x400m Build within the 4	11 DOWN 6-8K Mostly Downhill	12 BUILD 12K Build by 3K	13	14 32K Long Run
15 20K Long Run	16	17 TRAIL 15K Trail Run	18	19 FARTLEKS 10K of Team Fartleks	20 TRAIL 10K Trail Run	21
22 30K Long Run	23	24 SPEEDUP 2x5K Progress from EZ to FAST	25	26 The REID 60 Minutes of Rolling Hills	27	28 36K Long Run
29 16K Long Run	30					

2024 The BEAV 50K

October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HOUR Run Run as far as you can in 60 Minutes	2 EASY 8K Easy Run	3 BUILD 15K Build by 5K EZ, Med, Med+	4	5
6 24K SPECIAL	7	8 TRACK 3x4x400m Build within the 4	9 DOWN 6-8K Mostly Downhill	10 The REID 60 Minutes of Rolling Hills	11 TRAIL 10K Trail Run	12
13 40K Long Run	14	15 FLUSH 10K Flush out the legs Run	16	17 SPEEDUP 2x5K Progress from EZ to FAST	18 TRAIL 10K Trail Run	19
20 20K Long Run	21	22 TRAIL 15K Trail Run	23	24 EASY 9K Easy Run	25	26 EASY 40 Minute Easy Run
27 12K Long Run	28	29 STEADY 8K Steady Run	30 EASY 40 Minutes Super Easy	31		

2024 The BEAV 50K

November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Race Day!
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 