


2024 UTHC 65K + 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 TRAIL 12K Easy Run
16 28K Long Run	17	18 TRAIL 12K Trail Run	19	20 TRAIL 10K Trail Run	21	22 40K Solstice
23	24 FLUSH 10K Flush the legs out Run	25 TRAIL 16K Trail Run	26 DOWN 6-8K Mostly Downhill	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 HOUR Run Run as far as you can in 60 Minutes	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 TRAIL 12K Trail Run	12	13 20K Long Run
14 24K SPECIAL	15	16 TRAIL 15K Trail Run	17 DOWN 6-8K Mostly Downhill	18 TRILLS 10 Trail Hill Repeats	19	20 16K Long Run
21 16K Long Run	22	23 TRAIL 15K Trail Run	24 EASY 8K Easy Run	25 EASY 45 Minute Easy Run	26	27 40-50K Tally
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	2	3 20K Long Run
4 20K Long Run	5	6 HOUR Run Run as far as you can in 60 Minutes	7 EASY 45 Minute Easy Run	8 TRILLS 12 Trail Hill Repeats	9	10
11 42K Falling Waters	12	13 FLUSH 12K Flush the legs out Run	14	15 PYLONS 2-3K Plus 4 Sets	16	17 16K Long Run
18 CN RUN 24K Long Run	19	20 SPEED UP 2x6K Progress from EZ to FAST	21 DOWN 6-8K Mostly Downhill	22 TRILLS 14 Trail Hill Repeats	23	24 50K Long Run
25 20K Long Run	26	27 TRAIL 12K Trail Run	28	29 PYLONS 2-3K Plus 4 Sets	30 TRAIL 12K Trail Run	31

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September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K Long Run	2	3 TRAIL 60 Minute Trail Run	4	5 EASY 40 Minute Super Easy Run	6	7 65K UTHC
8	9	10	11 FLUSH 5-6K Flush out the legs Run	12 EASY 45 Minute Easy Run	13	14
15 14K Long Run	16	17 TRAIL 15K Trail Run	18	19 FARTLEKS 10K of Team Fartleks	20	21 30K Long Run
22 12K Long Run	23	24 SPEEDUP 2x6K Progress from EZ to FAST	25 DOWN 6-8K Mostly Downhill	26 The REID 60 Minutes of Rolling Hills	27	28 24K Long Run
29 24K Long Run	30					

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October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HOUR Run Run as far as you can in 60 Minutes	2 DOWN 6-8K Mostly Downhill	3 BUILD 15K Build by 5K EZ, Med, Med+	4	5 TRAIL 12K Trail Run
6 16K Long Run	7	8 TRAIL 10K Trail Run	9	10 EASY 8K Easy Run	11 EASY 40 Minutes Super Easy	12
13 53K Sticks and Stones	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
						