

2025 Around the Bay 15K

November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 6K LONG RUN	4	5 EASY 5K EASY RUN	6	7 JUST RUN 5K RUN	8 EASY 5K EASY RUN	9
10 8K LONG RUN	11	12 EASY 5K EASY RUN	13	14 JUST RUN 6K RUN	15	16 EASY 5K EASY RUN
17 8K LONG RUN	18	19 EASY 6K EASY RUN	20	21 JUST RUN 5K RUN	22	23 EASY 5K EASY RUN
24 8K LONG RUN	25	26 STEADY 5K STEADY RUN	27	28 JUST RUN 7K RUN	29 EASY 5K EASY RUN	30 

2025 Around the Bay 15K


December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8K LONG RUN	2	3 STEADY 6K STEADY RUN	4	5 JUST RUN 8K RUN	6 BUILDUP 2x3K Progress from EZ - Fluid	7
8 10K LONG RUN	9	10 EASY 7K+ EASY RUN	11	12 YES! 8K HOLIDAY RUN BURLINGTON	13	14 EASY 6K EASY RUN
15 10K LONG RUN	16	17 RUN! 7K Get your legs and friends going!	18 EASY 5K EASY RUN	19 LET'S GO! 2x3K Progress from EZ - Fluid	20	21
22 10K LONG RUN	23	24 RUN! 7K Get your legs and friends going!	25	26 JUST RUN 9K RUN	27	28 EASY 6K EASY RUN
29 12K LONG RUN	30	31 1-2 Punch 4 x 1minHD 2minEZ 2minHD 1minEZ				




2025 Around the Bay 15K

January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 BUILDUP 2x3K Progress from EZ - Strong	3 EASY 5K Easy Run	4
5 12K LONG RUN	6	7 1 HOUR! As far as you can run in 60 minutes	8	9 The REID 35 Minutes of Rolling Hills	10	11 TEMPO 5K Tempo Run
12 10K LONG RUN	13	14 2,3,4 KICK 3K+2x2,2,3,3,4,4 Min HD then EZ	15	16 STEADY 6K Steady Run	17	18 EASY 6K Easy Run
19 13K LONG RUN	20	21 1-2 Punch 5 x 1minHD 2minEZ 2minHD 1minEZ	22 EASY 5K Easy Run	23 HILLS 5 Long Hill Repeats	24	25
26 12K SPECIAL	27	28 6x90/90 90 sec @ 10K RP 90 sec Easy Jog	29	3 PYLONS 2-3K Plus 2 Sets	31 EASY 5K Easy Run	

2025 Around the Bay 15K

February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 12K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5	6 HILLS 6 Long Hill Repeats	7	8 TEMPO 5K Tempo Run
9 14K LONG RUN	10	11 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	12	13 PYLONS 2-3K Plus 3 Sets	14 EASY 6K Easy Run	15
16 16K LONG RUN	17	18 2,3,4 KICK 3K+2x2,2,3,3,4,4 Min HD then EZ	19	20 The REID 35 Minutes of Rolling Hills	21 EASY 6K Easy Run	22
23 12K SPECIAL	24	25 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	26	27 HILLS 7 Long Hill Repeats	28	

2025 Around the Bay 15K

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 TEMPO 5K Tempo Run
2 15K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5	6 TRACK 2x4x400m 3 min b/w sets	7 EASY 5K Easy Run	8 TEST Test Race Meal & Gear
9 18K LONG RUN	10	11 FLUSH 6K Flush out the legs run	12	13 TRACK 4x400m 1x1200m	14	15 EASY 6K Easy Run
16 12K LONG RUN	17	18 Race Pace 5x1K @ Target Race Pace	19	20 SPEEDUP 1x6K Progress from EZ to FAST	21	22 EASY 5K Easy Run
23 8K LONG RUN	24	25 GIDDYUP 5K Run with 5 Accelerations	26	27 EASY 6K Easy Run	28	29 JOG+ 5K Easy Run + 3 Accelerations
30 Race Day!	31					