

2025 Around the Bay 30K

November 2024

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

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December 2024

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




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January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 BUILDUP 3x3K Progress from EZ - Strong	3 EASY 5K Easy Run	4
5 20K LONG RUN	6	7 1 HOUR! As far as you can run in 60 minutes	8 PB 9K Easy Run	9 The REID 45 Minutes of Rolling Hills	10	11 TEMPO 6K Tempo Run
12 22K LONG RUN	13	14 2,3,4 KICK 3K+2x2,2,3,3,4,4 Min HD then EZ	15	16 STEADY 8K Steady Run	17	18 EASY 5K Easy Run
19 24K LONG RUN	20	21 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	22 EASY 6K Easy Run	23 HILLS 7 Long Hill Repeats	24	25 PB 6K Tempo Run
26 16K SPECIAL	27	28 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 PB 1 Hour Run Steady Pace	3 PYLONS 2-3K Plus 3 Sets	31 EASY 6K Easy Run	

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February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 26K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5 PB 9K Build by 3K EZ, Med, Med+	6 HILLS 8 Long Hill Repeats	7	8 TEMPO 7K Tempo Run
9 21K LONG RUN	10	11 9x90/90 90 sec @ 10K RP 90 sec Easy Jog	12	13 PYLONS 2-3K Plus 4 Sets	14 EASY 8K Easy Run	15
16 28K LONG RUN	17	18 3,4,5 KICK 3K+2x 3,3,4,4,5,5 Min HD then EZ	19	20 The REID 45 Minutes of Rolling Hills	21 EASY 8K Easy Run	22 PB 7K Tempo Run
23 16K SPECIAL	24	25 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 PB 1 Hour Run Steady Pace	27 HILLS 7 Long Hill Repeats	28	

2025 Around the Bay 30K

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 TEMPO 6K Tempo Run
2 30K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5	6 TRACK 3x4x400m 3 min b/w sets	7 EASY 8K Easy Run	8 TEST Test Race Meal & Gear
9 33K LONG RUN	10	11 FLUSH 8K Flush out the legs run	12 PB 2x2400m Track In & Outs	13 TRACK 3x400m 2x1200m	14	15 EASY 8K Easy Run
16 14K LONG RUN	17	18 Race Pace 7x1K @ Target Race Pace	19	20 SPEEDUP 1x8K Progress from EZ to FAST	21	22 EASY 7K Easy Run
23 10K LONG RUN	24	25 GIDDYUP 6K Run with 5 Accelerations	26	27 EASY 7K Easy Run	28	29 JOG+ 5K Easy Run + 3 Accelerations
30 Race Day!	31					