

2025 Caledon Crusher 72K

November 2024

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

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December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K SPECIAL	2	3 EASY 10K Easy Run	4	5 BUILDUP 2x4K Progress from EZ - Fluid	6	7 EASY 10K Easy Run
8 16K LONG RUN	9	10 BUILD 3x3K EZ, Med, Strong	11	12 YES! 8K HOLIDAY RUN BURLINGTON	13 EASY 10K Easy Run	14
15 18K LONG RUN	16	17 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	18	19 LET'S GO! 2x4K Progress from EZ - Fluid	20	21 EASY 12K Easy Run
22 18K LONG RUN	23	24 RUN! Pre-Turkey Run! 8-10K	25	26 ROLLING 9K Run with rolling hills	27 EASY 10K Easy Run	28
29 16K SPECIAL	30	31 Slow&Long 12K Recovery Run				



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January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 BUILDUP 3x4K Progress from EZ - Strong	3	4 EASY 14K Easy Run
5 20K LONG RUN	6	7 1 HOUR! As far as you can run in 60 minutes	8	9 The REID 50 Minutes of Rolling Hills	10 EASY 10K Easy Run	11
12 24K LONG RUN	13	14 SPEEDUP 2x6K Run Stronger within each 6K	15 EASY 12K Easy Run	16 PYLONS 2-3K Plus 3 Sets	17	18 EASY 16K Easy Run
19 24K LONG RUN	20	21 Slow&Long 13K Recovery Run	22	23 HILLS 9 Long Hill Repeats	24 EASY 10K Easy Run	25
26 24K SPECIAL	27	28 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	29	3 PYLONS 2-3K Plus 3 Sets	31 EASY 10K Easy Run	

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February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 16K Easy Run
2 28K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5 ROLLING 9K Run with rolling hills	6 HILLS 10 Long Hill Repeats	7	8
9 32K LONG RUN	10	11 Slow&Long 15K Recovery Run	12	13 PYLONS 2-3K Plus 4 Sets	14 EASY 8K Easy Run	15 EASY 20K Trail Loop
16 20K LONG RUN	17	18 SPEEDUP 2x6K Trail Loops Get Faster!	19 ROLLING 9K Run with rolling hills	20 BUILD 12K Build by 4K	21	22
23 24K SPECIAL	24	25 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	26	27 HILLS 12 Long Hill Repeats	28 EASY 9K Easy Run	

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March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 20K Trail Loop
2 36K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5 ROLLING 9K Run with rolling hills	6 PYLONS 2-3K Plus 4 Sets	7	8
9 40K LONG RUN	10	11 FLUSH 8-10K Flush out the legs run	12	13 TRACK 4x4x400m 3 min b/w sets	14	15 EASY 12K Easy Run
16 20K LONG RUN	17	18 SPEEDUP 2x6K Trail Loops Get Faster!	19 ROLLING 9K Run with rolling hills	20 HILLS 10 Trail Hills with 10 squats between each	21	22
23 50K LONG RUN	24	25 FLUSH 8-10K Flush out the legs run	26	27 EASY 10K Easy Run	28	29
30 ATB 30K LONG RUN	31					

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April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 RECOVERY 60 Minute Recovery Run	2	3 TRAIL 15K Trail Run	4 EASY 10K Easy Run	5
6 14K LONG RUN	7	8 EASY 10K Easy Run	9	10 EASY 8K Easy Run	11	12 Race Day!
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
						