


2025 Sulphur Springs 100K

November 2024

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

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December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K SPECIAL	2	3 STEADY 10K Steady Run	4	5 BUILDUP 2x3K Progress from EZ - Fluid	6	7 EASY 12K Easy Run
8 18K LONG RUN	9	10 STEADY 10K Steady Run	11	12 YES! 8K HOLIDAY RUN BURLINGTON	13 EASY 6K Easy Run	14 EASY 12K Easy Run
15 20K LONG RUN	16	17 RUN! 12K Get your legs and friends going!	18 EASY 6K EASY RUN	19 LET'S GO! 2x4K Progress from EZ - Fluid	20	21 EASY 14K Easy Run
22 24K LONG RUN	23	24 RUN! 12K Get your legs and friends going!	25	26 JUST RUN 10K Easy Run	27 EASY 12K Easy Run	28
29 24K SPECIAL	30	31 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ				




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January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 16K Easy Run New Year!	2 BUILDUP 3x4K Progress from EZ - Strong	3	4 EASY 16K Easy Run
5 24K LONG RUN	6	7 1 HOUR! As far as you can run in 60 minutes	8 DOWN 10K Run – focus on Downhill	9 The REID 70 Minutes of Rolling Hills	10	11
12 28K LONG RUN	13	14 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	15	16 PYLONS 2-3K Plus 3.5 Sets	17 EASY 10K Easy Run	18 EASY 16K Easy Run
19 24K LONG RUN	20	21 AM/PM 7K in the Am 7K in the PM – Faster	22 EASY 12K Easy Run	23 HILLS 12 Hill Repeats 10 squats before	24	25
26 24K SPECIAL	27	28 15x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 EASY 15K Easy Run	3 PYLONS 2-3K Plus 4 Sets	31 EASY 10K Easy Run	

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February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 LONG 20K Long Run
2 24K LONG RUN	3	4 AM/PM 8K in the Am 8K in the PM – Faster	5	6 HILLS 12 Hill Repeats 12 squats before	7	8
9 30K LONG RUN	10	11 FLUSH 10K Flush out the legs run	12	13 PYLONS 2-3K Plus 5 Sets	14 EASY 12K Easy Run	15 LONG 20K Long Run
16 26K LONG RUN	17	18 Slow&Long 14K Recovery Run	19 EASY 60 Minute Easy Run	20 BUILD 5K EZ, 5K Med, 5K Strong	21	22
23 24K SPECIAL	24	25 15x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 EASY 16K Easy Run	27 HILLS 12 Hill Repeats 15 squats before	28	

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March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 36K LONG RUN	3	4 AM/PM 9K in the Am 9K in the PM – Faster	5 EASY 12K Easy Run	6 PYLONS 2-3K Plus 5 Sets	7	8 LONG 20K Long Run
9 30K LONG RUN	10	11 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	12 EASY 16K Easy Run	13 The REID 75 Minutes of Rolling Hills	14	15 LONG 20K Long Run
16 34K LONG RUN	17	18 SPEEDUP 2x6K Progress from EZ to FAST	19	20 DOWN 12K Run – focus on Downhill	21 EASY 16K Easy Run	22
23 24K SPECIAL	24	25 12x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 EASY 20K Easy Run	27 TRAILS 15K Hilly Trail Run	28	29 LONG 24K Long Run
30 36K LONG RUN	31					

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April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 AM/PM 10K in the Am 10K in the PM – Faster	2 EASY 8K Easy Run	3 The REID 80 Minutes of Rolling Hills	4	5 LOOP 20K Sulphur Loop
6 40K LONG RUN	7	8 FLUSH 10K Flush out the legs run	9	10 BUILD 12K Build by 3K ON TRAILS!	11 EASY 12K Easy Run	12
13 44K LONG RUN	14	15	16 EASY 16K Recovery Run	17 TRAILS 14K Hilly Trail Run	18 EASY 8K Easy Run	19
20 24K SPECIAL	21	22 TRAIL HOUR As far as you can run in 60 minutes	23 EASY 15K Easy Run	24 TRAILS 18K Hilly Trail Run	25	26 EASY 24K Easy Run
27 42.2K LONG RUN	28	29 AM/PM 10K in the Am 10K in the PM – Faster	30			

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May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRAILS 20K Hilly Trail Run	2 EASY 8K Easy Run	3 TEST Test Pre-Race Meal & Gear
4 50K+ TRAIL LONG RUN	5	6 FLUSH 10K Flush out the legs run	7	8 TRAILS 12K Hilly Trail Run	9	10 EASY 16K Easy Run
11 22K LONG RUN	12	13 STEADY 2x6K Progress from EZ to FAST	14	15 EASY 14K Easy Run	16 EASY 8K Easy Run	17
18 16K LONG RUN	19	20 EASY 8K Easy Run	21	22 EASY 40 Minute Super Easy Run	23	24 Race Day!
25	26	27	28	29	30	31
						