

2025 Sulphur Springs 20K

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 10K LONG RUN	18	19 EASY 7K EASY RUN	20	21 JUST RUN 8K RUN	22	23 EASY 5-6K EASY RUN
24 12K LONG RUN	25	26 EASY 7K EASY 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 LONG RUN	2	3 EASY 7K EASY RUN	4	5 JUST RUN 8K RUN	6 BUILDUP 2x3K Progress from EZ - Fluid	7
8 14K 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! 7-10K Get your legs and friends going!	18 EASY 5K EASY RUN	19 LET'S GO! 2x3K Progress from EZ - Fluid	20	21
22 14K LONG RUN	23	24 RUN! 7-10K Get your legs and friends going!	25	26 JUST RUN 8K RUN	27	28 EASY 6K EASY RUN
29 12K 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 16K LONG RUN	6	7 1 HOUR! As far as you can run in 60 minutes	8	9 The REID 45 Minutes of Rolling Hills	10	11 TEMPO 6K Tempo Run
12 14K 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 16K LONG RUN	20	21 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	22 EASY 6K Easy Run	23 HILLS 6 Long Hill Repeats	24	25
26 16K SPECIAL	27	28 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	29	30 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 18K 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 6K Tempo Run
9 12K LONG RUN	10	11 Slow&Long 10K Recovery Run	12	13 PYLONS 2-3K Plus 2.5 Sets	14 EASY 6K Easy Run	15
16 18K LONG RUN	17	18 2,3,4 KICK 3K+2x2,2,3,3,4,4 Min HD then EZ	19	20 BUILD 9K Build by 3K	21 EASY 6K Easy Run	22
23 16K SPECIAL	24	25 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	26	27 HILLS 7 Long Hill Repeats	28	

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March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 TEMPO 6K Tempo Run
2 18K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5	6 PYLONS 2-3K Plus 3 Sets	7 EASY 8K Easy Run	8
9 14K LONG RUN	10	11 2,3,4 KICK 3K+2x2,2,3,3,4,4 Min HD then EZ	12	13 The REID 45 Minutes of Rolling Hills	14	15 EASY 8K Easy Run
16 18K LONG RUN	17	18 SPEEDUP 2x4K Progress from EZ to FAST	19	20 FARTLEKS 7K Choice of Interval Lengths	21 EASY 6K Easy Run	22
23 16K SPECIAL	24	25 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	26	27 TRAILS 8K Hilly Trail Run	28 EASY 7K Easy Run	29
30 20K LONG RUN	31					

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April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 TRAIL HOUR As far as you can run in 60 minutes	2	3 The REID 50 Minutes of Rolling Hills	4	5 TEMPO 8K Tempo Run
6 18K LONG RUN	7	8 CUT DOWN 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9	10 BUILD 9K Build by 3K ON TRAILS!	11 EASY 6K Easy Run	12
13 20K LONG RUN	14	15 Slow&Long 12K Recovery Run	16	17 SPEEDUP 2x4K Progress from EZ to FAST	18	19 TEMPO 7K Tempo Run
20 16K SPECIAL	21	22TRAIL HOUR As far as you can run in 60 minutes	23	24 TRAILS 8K Hilly Trail Run	25 EASY 6K Easy Run	26
27 22K LONG RUN	28	29 SPEEDUP 2x4K Progress from EZ to FAST	30 EASY 6K Easy Run			

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May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRAILS 8K Hilly Trail Run	2	3 TEST Test Pre-Race Meal & Gear
4 24K LONG RUN	5	6 FLUSH 7K Flush out the legs run	7	8 TRAILS 10K Hilly Trail Run	9	10 EASY 7K Easy Run
11 16K LONG RUN	12	13 STEADY 8K Steady Run	14	15 SPEEDUP 1x8K Progress from EZ to FAST	16	17 EASY 5K Easy Run
18 10K LONG RUN	19	20 EASY 7K Easy Run	21	22 EASY 5K Easy Run	23	24
25 Race Day!	26	27	28	29	30	31
						