


2025 Sulphur Springs 50K

November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 10K LONG RUN	4	5 EASY 6K EASY RUN	6	7 JUST RUN 8K RUN	8 EASY 6K EASY RUN	9
10 12K LONG RUN	11	12 EASY 7K EASY RUN	13	14 JUST RUN 10K RUN	15 EASY 6K Easy Run	16
17 14K LONG RUN	18	19 EASY 10K EASY RUN	20	21 JUST RUN 10K RUN	22	23 EASY 8K Easy Run
24 14K 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 LONG RUN	2	3 STEADY 10K Steady Run	4	5 BUILDUP 2x3K Progress from EZ - Fluid	6	7 RUN 10K Run
8 14K LONG RUN	9	10 STEADY 10K Steady Run	11	12 YES! 8K HOLIDAY RUN BURLINGTON	13 EASY 6K Easy Run	14
15 18K LONG RUN	16	17 RUN! 8-10K Get your legs and friends going!	18 EASY 6K EASY RUN	19 LET'S GO! 2x4K Progress from EZ - Fluid	20	21 RUN 10K Run
22 16K LONG RUN	23	24 RUN! 8-10K Get your legs and friends going!	25	26 JUST RUN 10K RUN	27 EASY 7K Easy Run	28
29 16K 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 8K Easy Run	2 BUILDUP 3x3K Progress from EZ - Strong	3	4 RUN 10K 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	11
12 22K LONG RUN	13	14 3,4,5 KICK 3K+2x3,3,4,4,5, Min HD then EZ	15	16 STEADY 8K Steady Run	17	18 RUN 12K Run
19 20K LONG RUN	20	21 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	22 EASY 7K Easy Run	23 HILLS 8 Long Hill Repeats	24	25
26 16K SPECIAL	27	28 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	29	30 PYLONS 2-3K Plus 3 Sets	31 EASY 8K Easy Run	

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February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 LONG 16K Long Run
2 24K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5	6 HILLS 8 Long Hill Repeats	7	8
9 26K LONG RUN	10	11 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	12	13 PYLONS 2-3K Plus 4 Sets	14 EASY 9K Easy Run	15 LONG 20K Long Run
16 20K LONG RUN	17	18 Slow&Long 14K Recovery Run	19 TEMPO 8K Tempo Run	20 BUILD 12K Build by 3K EZ, Med, Fast	21	22
23 24K SPECIAL	24	25 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	26	27 HILLS 10 Long Hill Repeats	28	

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March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 LONG 20K Long Run
2 21K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5 EASY 7K Easy Run	6 PYLONS 2-3K Plus 4 Sets+	7 EASY 10K Easy Run	8
9 28K LONG RUN	10	11 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	12	13 The REID 60 Minutes of Rolling Hills	14	15 RUN 12K Run
16 30K LONG RUN	17	18 SPEEDUP 2x5K Progress from EZ to FAST	19	20 FARTLEKS 10K Choice of Interval Lengths	21 EASY 7K Easy Run	22
23 16K SPECIAL	24	25 12x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 TEMPO 8K Tempo Run	27 TRAILS 15K Hilly Trail Run	28 EASY 7K Easy Run	29
30 30K 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 EASY 8K Easy Run	3 The REID 60 Minutes of Rolling Hills	4	5 LOOP 20K Sulphur Loop
6 32K LONG RUN	7	8 CUT DOWN 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9	10 BUILD 12K Build by 3K ON TRAILS!	11	12 RUN 14K Run
13 24K LONG RUN	14	15 Slow&Long 14K Recovery Run	16	17 TRAILS 14K Hilly Trail Run	18 EASY 8K Easy Run	19
20 16K SPECIAL	21	22 TRAIL HOUR As far as you can run in 60 minutes	23 EASY 8K Easy Run	24 TRAILS 16K Hilly Trail Run	25	26 RUN 14K Run
27 36K LONG RUN	28	29 SPEEDUP 2x5K Progress from EZ to FAST	30 EASY 8K Easy Run			

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May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRAILS 10K Hilly Trail Run	2	3 TEST Test Pre-Race Meal & Gear
4 40K+ LONG RUN	5	6 FLUSH 6-8K Flush out the legs run	7	8 TRAILS 12K Hilly Trail Run	9	10 EASY 10K Easy Run
11 20K LONG RUN	12	13 STEADY 8K Steady Run	14	15 SPEEDUP 1x8K Progress from EZ to FAST	16	17
18 14K LONG RUN	19	20 EASY 8K Easy Run	21	22 EASY 7K Easy Run	23	24 Race Day!
25	26	27	28	29	30	31
						