

Barrelman Half Ironman-Run Only 2025

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
[PLEASE remember to Add BRICK workouts or Triathlon races to this schedule, You need to run off the bike to train for how your legs will feel when you race.]						
8	9	10	11	12	13	14
15 START! 10K Long Run	16	17 EASY 6K Easy Run Meet w Friends!	18	19 JUST RUN 6K Run	20	21
22 12K Long Run	23	24 BUILDUP 2x3K Progress from EZ – Fluid	25	26 The REID 30 Minutes of Rolling Hills	27	28
29 14K Long Run	30					

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July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1 HOUR! As far as you can run in 60 minutes	2	3 TRILLS 6 Trail Hill Repeats	4	5
6 16K Long Run	7	8 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	9	10 PYLONS 2-3K Plus 2-3 Sets	11	12
13 16K Special!	14	15 S-HILL'S 3K + 7 Hills + 3K	16	17 TEMPO 6K Tempo Run	18	19
20 18K Long Run	21	22 PYRAMID 1,1-2,2-3,3-4,4-3,3- 2,2-1,1 Hard then EZ	23	24 TRILLS 7 Trail Hill Repeats	25	26
27 14K Long Run	28	29 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	30	31 The REID 40 Minutes of Rolling Hills		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 20K Long Run	4	5 1 HOUR! As far as you can run in 60 minutes	6	7 PYLONS 2-3K Plus 3 Sets	8	9
10 16K Special!	11	12 S-HILL'S 3K + 10 Hills + 3K	13	14 TRACK Whistle Workout with Dr. Stevil	15	16
17 22K Long Run To CN Tower!	18	19 9x90/90 90 sec @ 10K RP 90 sec Easy Jog	20	21 TRACK 2x400m, 2x800m, 1200m, 2x400m	22	23
24 24K Long Run Test Race Gear	25	26 FLUSH 8K Flush out the legs run	27	28 TRACK 4x400m 2x1600m	29	30
31 14K Long Run						

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September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 EASY 8K Easy Run	3	4 SPEEDUP 2x4K Progress from EZ to FAST	5	6
7 10K Long Run	8	9 GIDDYUP 5K Run with 5 Accelerations	10	11 EASY 6K Easy Run	12	13 JOG+ 4K Easy Run + 3 Accelerations
14 Race Day!	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				