

Devil's Key 33K 2025

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 START! 18K Long Run	16	17 EASY 8K Easy Run Meet w Friends!	18	19 JUST RUN 9K Run	20 EASY 7K Easy Run	21
22 21K Long Run	23	24 BUILDUP 2x4K Progress from EZ – Fluid	25	26 The REID 40 Minutes of Rolling Hills	27 EASY 7K Easy Run	28 PB 7K Trail Run
29 24K 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 9 Trail Hill Repeats	4 EASY 8K Easy Run	5
6 26K Long Run	7	8 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	9 PB 7K Easy Run	10 PYLONS 2-3K Plus 3 Sets	11	12 BUILDUP 2x5K Progress from EZ - Fluid
13 24K Special!	14	15 S-HILL'S 3K + 10 Hills + 3K	16 EASY 6K Easy Run	17 TRAIL 9K Trail Run	18	19 PB 7K Easy Run
20 28K 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 10 Trail Hill Repeats	25 EASY 8K Easy Run	26
27 31K Long Run	28	29 S-HILL'S 3K + 11 Hills + 3K	30 PB 8K Easy Run	31 The REID 50 Minutes of Rolling Hills		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TRAIL 9K Trail Run
3 35K Long Run Test Race Gear	4	5 FLUSH 8K Flush out the legs run	6	7 S-HILL'S 3K + 12 Hills + 3K	8 EASY 8K Easy Run	9 PB 9K Build by 3K
10 16K Long Run	11	12 HILLYRUN 9K with 3-6 Hills	13	14 TRACK Whistle Workout with Dr. Stevil	15	16 TRAIL 8K Trail Run
17 10K Long Run	18	19 GIDDYUP 5K Run with 5 Accelerations	20 EASY 8K Easy Run	21	22 JOG+ 5K Easy Run + 3 Accelerations	23 Race Day!
24	25	26	27	28	29	30
31						