

Ironman 70.3 N.C. – Run ONLY 2025

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Be sure to add BRICK workouts into this schedule!!					
8	9	10	11	12	13	14
15 START! 6K Long Run	16	17 EASY 5K Easy Run Meet w Friends!	18	19 JUST RUN 5K Run	20	21
22 7K Long Run	23	24 BUILDUP 2x2.5K Progress from EZ – Fluid	25	26 The REID 30 Minutes of Rolling Hills	27	28
29 8K 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 HILLS 6 Hill Repeats	4	5
6 9K Long Run	7	8 5x90/90 90 sec @ 10K RP 90 sec Easy Jog	9	10 PYLONS 2-3K Plus 2 Sets	11	12
13 10K Special!	14	15 S-HILL'S 3K + 7 Hills + 3K	16	17 TEMPO 6K Tempo Run	18	19
20 12K Long Run	21	22 PYRAMID 1,1-2,2-3,3-4,4-3,3- 2,2-1,1 Hard then EZ	23	24 HILLS 7 Hill Repeats	25	26
27 8K Long Run	28	29 1-2 Punch 5 x 1minHD 2minEZ 2minHD 1minEZ	30	31 The REID 36 Minutes of Rolling Hills		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 14K 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 12K Special!	11	12 S-HILL'S 3K + 18Hills + 3K	13	14 TRACK Whistle Workout with Dr. Stevil	15	16
17 16K Long Run To CN Tower!	18	19 6x90/90 90 sec @ 10K RP 90 sec Easy Jog	20	21 TEMPO 5K Tempo Run	22	23
24 10K Long Run Progression 2RP	25	26 SPEEDUP 2x3K Progress from EZ to FAST	27	28 The REID 40 Minutes of Rolling Hills	29	30
31 18K Long Run						

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September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 1 HOUR! As far as you can run in 60 minutes	3	4 PYLONS 2K Plus 3 Sets	5	6
7 16K Special!	8	9 S-HILL'S 3K + 8 Hills + 3K	10	11 TRACK 2x400m, 2x800m, 2x400m	12	13
14 12K Long Run	15	16 3,4,5 KICK 3K+3,3,4,4,5,5 Min HD then EZ	17	18 TRACK 3x400m 2x1200m	19	20
21 14K Long Run 5x Hard Efforts	22	23 6x90/90 90 sec @ 10K RP 90 sec Easy Jog	24	25 IN & OUTS 2x2400m Track In & Outs	26	27
28 18K Long Run	29	30 Slow&Long 10K Recovery Run				

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October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 TRACK 4x400m 2x1600m	3	4
5 22K Long Run Test Race Gear	6	7 FLUSH 6K Flush out the legs run	8	9 FLOAT 6K Float On Run	10	11
12 14K Long Run	13	14 EASY 6K Easy Run	15	16 SPEEDUP 2x4K Progress from EZ to FAST	17	18
19 10K Long Run	20	21 GIDDYUP 4K Run with 4 Accelerations	22	23 EASY 5K Easy Run	24	25 JOG+ 4K Easy Run + 3 Accelerations
26 Race Day!	27	28	29	30	31	