

Sticks and Stones 25K 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! 10K Long Run	16	17 EASY 6K Easy Run Meet w Friends!	18	19 JUST RUN 6K Run	20 EASY 5K Easy Run	21
22 12K Long Run	23	24 BUILDUP 2x3K Progress from EZ – Fluid	25	26 The REID 30 Minutes of Rolling Hills	27 EASY 5K Easy Run	28 PB 4K Tempo Run
29 12K 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 EASY 5K Easy Run	5
6 14K Long Run	7	8 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	9 PB 5K Easy Run	10 PYLONS 2-3K Plus 2-3 Sets	11	12 BUILDUP 2x3K Progress from EZ - Fluid
13 12K Special!	14	15 S-HILL'S 3K + 7 Hills + 3K	16 EASY 5K Easy Run	17 TEMPO 6K Tempo Run	18	19 PB 7K Easy Run
20 16K 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 EASY 5K Easy Run	26
27 18K Long Run	28	29 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	30 PB 6K Easy Run	31 The REID 40 Minutes of Rolling Hills		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TRAIL 6K Trail Run
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 EASY 5K Easy Run	9
10 16K Special!	11	12 S-HILL'S 3K + 10 Hills + 3K	13 EASY 6K Easy Run	14 TRACK Whistle Workout with Dr. Stevil	15	16 PB 6K Tempo Run
17 22K Long Run To CN Tower!	18	19 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	20 PB 9K Recovery Run	21 TRILLS 8 Trail Hill Repeats	22	23 TRAIL 7K Trail Run
24 20K Long Run	25	26 SPEEDUP 2x4K Progress from EZ to FAST	27 PB 8K Easy Run	28 The REID 40 Minutes of Rolling Hills	29 EASY 6K Easy Run	30
31 24K 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 2-3K Plus 3 Sets	5 PB 7K Easy Run	6 BUILDUP 2x4K Progress from EZ - Strong
7 16K Special!	8	9 S-HILL'S 3K + 12 Hills + 3K	10 EASY 6K Easy Run	11 TRILLS 10 Trail Hill Repeats	12	13
14 25K Long Run	15	16 11x90/90 90 sec @ 10K RP 90 sec Easy Jog	17 PB 8K Trail Run	18 HILLY RUN 9K with 3-6 Hills	19	20 TRAIL 6K Trail Run
21 28K Long Run Test Race Gear	22	23 FLUSH 8K Flush out the legs Run	24	25 IN & OUTS 2x2800m Track In & Outs	26 EASY 6K Easy Run	27
28 14K Long Run	29	30 HILLY RUN 9K with 3-6 Hills				

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October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 PB 7K Trail Run	2 S-HILL'S 3K + 12 Hills + 3K	3	4 TRAIL 7K Trail Run
5 10K Long Run	6	7 GIDDYUP 5K Run with 5 Accelerations	8 EASY 7K Easy Run	9	10 JOG+ 5K Easy Run + 3 Accelerations	11 Race Day!
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	