

Tally in the Valley 21K 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! 16K Long Run	16	17 EASY 7K Easy Run Meet w Friends!	18	19 HILLYRUN 6K Run with 3-5 Hills	20 EASY 5K Easy Run	21
22 18K Long Run	23	24 S-HILL'S 3K + 8 Hills + 3K	25	26 The REID 30 Minutes of Rolling Hills	27 EASY 5K Easy Run	28
29 21K 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 8 Trail Hill Repeats	4 EASY 6K Easy Run	5
6 24K Long Run	7	8 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	9	10 PYLONS 2-3K Plus 3 Sets	11	12 BUILDUP 2x4K Progress from EZ – Fluid On TRAIL!
13 16K Long Run	14	15 S-HILL'S 3K + 10 Hills + 3K	16 EASY 6K Easy Run	17 TRAIL 9 Trail Hill Repeats	18	19
20 10K Long Run	21	22 EASY 6K Easy Run	23	24 EASY 4K Easy Run	25	26 Race Day!
27	28	29	30	31		