

2026 ATB 30K

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 8K Long Run	3	4 EASY 7K Easy Run	5	6 JUST RUN 7K Run	7	8
9 8-10K Long Run	10	11 EASY REMEMBER A LOSS 7K	12	13 HILLYRUN 6K Run with rolling hills	14 BONUS Run a bonus 5K!	15
16 10-12K Long Run	17	18 EASY 8K Easy Run	19	20 HILLS 6 Hill Repeats	21	22
23 14K Long Run	24	25 BUILDUP 2x4K Progress from EZ – Fluid	26	27 HILLYRUN 8K Run with rolling hills	28	29 EASY 7K Easy Run
30 12K Special						

2026 ATB 30K

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 EASY 7K Easy Run	3	4 HILLS 7 Hill Repeats	5 EASY 6K Easy Run	6
7 16K Long Run	8	9 BUILDUP 2x4K Progress from EZ – Fluid	10	11 LAUNCH 8K Easy Run	12 EASY 6K Easy Run	13 PB 6K BUILD Run
14 FIRST 18K Long Run	15	16 FRIENDS Join Others for 7-8K Run	17	18 LET'S GO! 8K Christmas Lights Run	19 EASY 7K Easy Run	20
21 20K Long Run	22	23 BUILDUP 2x5K Progress from EZ – Fluid	24 EASY 6K Easy Run	25	26 EASY 8K Easy Run	27
28 16K Special	29	30 The REID 40 Minutes of Rolling Hills	31 PB 6K Tempo Run			

2026 ATB 30K

January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DUST-OFF 8K Dust-Off run	2	3 EASY 7K Easy Run
4 22K Long Run	5	6 1 HOUR! As far as you can run in 60 minutes	7 EASY 8K Easy Run	8 HILLS 7 Hill Repeats	9	10 PB 7K Build Run
11 21K Long Run Last 68 @RP	12	13 S-HILL'S 3K + 10 Hills + 3K	14 PB 10K Easy Run	15 PYLONS 3 Sets	16	17 EASY 8K Easy Run
18 24K Long Run	19	20 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	21	22 HILLS 9 Hill Repeats	23	24 TEMPO 6K Tempo Run GO!
25 16K Special	26	27 FARTLEKS Team or solo 8K	28 PB 8K Easy Run	29 PYLONS 4 Sets	30	31 BUILDUP 2x4K Progress from EZ – Fluid
						

2026 ATB 30K

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 26K Long Run Progression	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 45 Minutes of Rolling Hills	6 EASY 6K Easy Run	7
8 21K Long Run	9	10 S-HILL'S 3K + 12 Hills + 3K	11 PB 4K Easy, 4K Tempo	12 HILLS 10 Hill Repeats +	13	14 EASY 8K Easy Run
15 28K Long Run	16	17 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	18	19 JUST RUN 10K Run	20	21 TEMPO 7K Tempo Run GO!
22 16K Special	23 EASY 7K Easy Run	24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	25	26 S-HILL'S 3K + 11 Hills + 3K	27 PB 6K Easy Run	28
						

2026 ATB 30K

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 30K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 45 Minutes of Rolling Hills	6	7 NOTE! Clocks Ahead 1 Hour
8 RP DRILL 24K Long Run With 2x5K @RP	9	10 S-HILL'S 3K + 12 Hills + 3K	11 PB 10K Light Run	12 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	13	14 EASY 6K Run with 5 accelerations
15 31K Long Run	16	17 VO2 Max 11Min EZ + 3Min @ 95% X3	18	19 TRACK 3x400m + 3x1200m	20	21 TEMPO 9K Tempo Run GO!
22 33K Long Run	23	24 FLUSH 6K Flush out the legs run	25 PB 8K Light Run	26 TRACK 3x400m + 4x1200m	27 EASY 9K Easy Run	28
29 16K Long Run Last 3K@RP	30	31 EASY 8K Easy Run				

2026 ATB 30K

April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 SPEEDUP 2x5K Progress from EZ to FAST	3	4 EASY 45 Minute Easy Run
5 10K Long Run	6	7 GIDDYUP 6K Run with 5 accelerations	8	9 EASY 7K Easy Run	10	11 JOG+ 4K Easy Run + 3 Accelerations
12 RACE!	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
						