

2026 IM Mont Tremblant 70.3 Run Only

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 8K Long Run	10	11 EASY REMEMBER A LOSS 7K	12	13 JUST RUN 7K Run	14	15
16 8-10K Long Run	17	18 EASY 7K Easy Run	19	20 JUST RUN 8K Run	21	22
23 10K Long Run	24	25 BUILDUP 2x3K Progress from EZ – Fluid	26	27 EASY 7K Run	28	29
30 10K Long Run						

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This schedule captures RUN ONLY workouts, efforts should be made to add Brick workouts, where you run as little as 2K off the bike, or much longer. You should add a Brick workout every 7-14 days, and as April comes around, that should be every 7 days.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 EASY 7K Easy Run	3	4 JUST RUN 7K Run	5	6
7 10K Long Run	8	9 EASY 7K Easy Run	10	11 LAUNCH 6-8K Easy Run	12	13
14 FIRST 10-12K Long Run	15	16 FRIENDS Join Others for 7K Run	17	18 LET'S GO! 8K Christmas Lights Run	19	20
21 13K Long Run	22	23 BUILDUP 2x3K Progress from EZ – Fluid	24	25	26 EASY 7K Easy Run	27
28 12K Special	29	30 The REID 30 Minutes of Rolling Hills	31			

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January 2026

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

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February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 14K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 30 Minutes of Rolling Hills	6	7
8 16K Long Run Progression	9	10 S-HILL'S 3K + 10 Hills + 3K	11	12 HILLS 7 Hill Repeats +	13	14
15 18K Long Run	16	17 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	18	19 PYLONS 3 Sets +	20	21 TEMPO 8K Tempo Run GO!
22 16K Special	23 EASY 5K Easy Run	24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	25	26 JUST RUN 9K Run	27	28
						

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March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 18K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 40 Minutes of Rolling Hills	6	7 NOTE! Clocks Ahead 1 Hour
8 14K Long Run W 5x2 min Hard	9	10 S-HILL'S 3K + 10 Hills + 3K	11	12 JUST RUN 9K Easy Run	13	14
15 20K Long Run	16	17 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	18	19 FARTLEKS Team or solo 8K	20	21 TEMPO 8K Tempo Run GO!
22 16K Special	23	24 VO2 Max 10Min EZ + 3Min @ 95% X3	25	26 WHISTLE Whistle Track work w Dr. Stevil	27	28
29 20K Long Run	30	31 The REID 40 Minutes of Rolling Hills				

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April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 FARTLEKS Team or solo 8K	3	4
5 14K Long Run W 5x3 min Hard	6	7 1 HOUR! As far as you can run in 60 minutes	8	9 IN & OUTS 2x2800m Track In & Outs	10	11
12 22K Long Run	13	14 S-HILL'S 3K + 12 Hills + 3K	15	16 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	17	18 TEMPO 7K Tempo Run GO!
19 16K Special	20	21 VO2 Max 8Min EZ + 3Min @ 95% X4	22	23 TRACK 3x400m + 3x1200m	24	25
26 20K Long Run	27	28 EASY 12K Easy Run	29	30 TRACK 4x400m + 4x1200m		
						

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May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 24K Long Run	4	5 FLUSH 8K Flush out the legs run	6	7 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	8	9 TEMPO 7K Tempo Run GO!
10 14K Long Run W 5x3 min Hard	11	12 1 HOUR! As far as you can run in 60 minutes	13	14 SPEEDUP 2x4K Progress from EZ to FAST	15	16
17 24K long Run	18	19 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	20	21 The REID 40 Minutes of Rolling Hills	22	23 TEMPO 8K Tempo Run GO!
24 12K HARD Long Run off the bike	25	26 S-HILL'S 3K + 12 Hills + 3K	27	28 TRACK 4x400m + 4x1200m	29	30
31 25K Long Run						

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June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 FLUSH 6K Flush out the legs run	3	4 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	5	6
7 15K Long Run	8	9 EASY 10K Easy Run	10	11 SPEEDUP 2x4K Progress from EZ to FAST	12	13
14 10K Long Run	15	16 EASY 6K Run with 5 accelerations	17	18 EASY 6K Easy Run	19 EASY 20 Minute Easy Run	20
21 RACE	22	23	24	25	26	27
28	29	30				
						