

2026 SSTR 100K

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 12K Long Run	3	4 EASY 7K Easy Run	5	6 JUST RUN 8K Run	7	8
9 15K Long Run	10	11 EASY REMEMBER A LOSS 8K	12	13 JUST RUN 10K Run	14 EASY 10K Easy Run	15
16 18K Long Run	17	18 EASY 10K Easy Run	19	20 HILLS 8 Hill Repeats	21	22 TRAIL 20K Trail Run
23 12K Long Run	24	25 BUILDUP 2x6K Progress from EZ – Fluid	26	27 HILLYRUN 12K Run with rolling hills	28 EASY 10K Easy Run	29
30 20K Trail Run						

2026 SSTR 100K

December 2025

Whenever possible – get on the trails! Lions Valley, Dundas Valley, Chedoke...if the trails are in good condition, and there is no ice under foot, get out there! In January and February, I have your longer runs on the roads with the group on Sundays, so that you always have support. IF the trails allow it, you can switch the days for your longer runs in those months to be on the trails. As of March, you're out there as much as possible! HIKE – this equals time on feet plus elevation – Hike often. Leg strength from weight lifting will prevent injuries. Add resistance based exercises, and not just upper body.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 EASY 10K Easy Run	3	4 HILLS 9 Hill Repeats	5 EASY 8K Easy Run	6 TRAIL 20K Trail Run
7 14K Long Run	8	9 BUILDUP 2x5K Progress from EZ – Fluid	10	11 LAUNCH 10K Easy Run	12 EASY 8K Easy Run	13 TRAIL 24K Trail Run
14 FIRST 16K Long Run	15	16 FRIENDS Join Others for 10K Run	17	18 LET'S GO! 8K Christmas Lights Run	19 EASY 7K Easy Run	20
21 22K Long Run	22	23 AM/PM AM: 10K Run PM: 6K Tempo	24 EASY 6K Easy Run	25	26 EASY 10K Easy Run	27
28 20K Special	29	30 The REID 50 Minutes of Rolling Hills	31 EASY 9K Easy Run			

2026 SSTR 100K

January 2026

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

2026 SSTR 100K

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 24K Long Run	2 EASY 9K Easy Run	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 60 Minutes of Rolling Hills	6 EASY 14K Easy Run	7
8 32K Long Run	9	10 S-HILL'S 3K + 14 Hills + 3K	11 EASY 15K Easy Run	12 HILLS 12 Hill Repeats +	13	14 TRAIL 20K Trail Run or Hilly Run
15 28K Long Run	16	17 AM/PM AM: 10K Run PM: 8K Tempo	18	19 PYLONS 5 Sets	20 EASY 12K Easy Run	21
22 24K Special	23	24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	25 EASY 15K Easy Run	26 STAIRS 16K Run with Stairs!	27	28 TRAIL 16K Trail Run
						

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March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 32K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4 HIKE 90 Minutes	5 Slow&Long 14K Longish Run	6 SPEEDUP 2x7K Speed up from EZ to FAST!	7
8 40K Long Run	9	10 S-HILL'S 3K + 15 Hills + 3K	11 EASY 15K Light Run	12 STAIRS 14K Run with Stairs!	13	14 TRAIL 27K Trail Run
15 20K Long Run	16 EASY 8K Easy RUn	17 AM/PM AM: 10K Run PM: 9K Tempo	18	19 BUILD 15K Build by 5K EZ, Med, Fast	20 EASY 16K Easy Run	21
22 24K Special	23	24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	25 EASY 15K Light Run	26 WHISTLE Whistle Track work w Dr. Stevil	27	28 TRAIL 34K Trail Run
29 20K Long Run	30	31 AM/PM AM: 10K Run PM: 8K Tempo				



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April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 EASY 8K Easy Run	2 STAIRS 16K Run with Stairs!	3	4 TRAIL 24K Trail Run
5 20K Long Run	6	7 1 HOUR! As far as you can run in 60 minutes	8 EASY 16K Easy Run	9 IN & OUTS 2x4000m Track In & Outs	10	11 TRAIL 42K Trail Run
12 12K Long Run	13	14 S-HILL'S 3K + 14 Hills + 3K	15	16 STAIRS 16K Run with Stairs!	17 EASY 10K Easy Run	18
19 24K Special	20	21 AM/PM AM: 10K Run PM: 10K Tempo	22	23 Slow&Long 18K Longish Trail Run	24 EASY 12K Easy Run	25 TRAIL 30K Trail Run
26 21K Long Run	27	28 Slow&Long 20K Light Run	29 EASY 10K Easy Run	30 STAIRS 14K Run with Stairs!		
						

2026 SSTR 100K

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 HIKE 2-3 Hour Hike on Rolling Trail
3 56K+ Long Run	4	5	6 FLUSH 10K Flush out the legs run	7 TRAIL 16K Hilly Trail Run	8	9 TRAIL 24K Trail Run
10 14K Long Run	11	12 TRAIL 16K Easy Trail Run	13 EASY 10K Easy Run	14 SPEEDUP 2x7K Progress from EZ to FAST	15	16 TRAIL 16K Trail Run
17 12K Long Run	18	19 GIDDYUP 8K Run with 5 accelerations	20	21 EASY 7K Easy Run	22	23 RACE!
24	25	26	27	28	29	30
31						