

2026 SSTR 20K

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!

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

2026 SSTR 20K

January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DUST-OFF 8K Dust-Off run	2	3 EASY 6K Easy Run
4 12K Long Run	5	6 1 HOUR! As far as you can run in 60 minutes	7 EASY 6K Easy Run	8 HILLS 6 Hill Repeats	9	10
11 14K Long Run	12	13 S-HILL'S 3K + 9 Hills + 3K	14	15 The REID 35 Minutes of Rolling Hills	16	17 EASY 6K Easy Run
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 STEADY 8K Steady Run	28	29 PYLONS 3 Sets	30	31 BUILDUP 2x3K Progress from EZ – Fluid
						

2026 SSTR 20K

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 40 Minutes of Rolling Hills	6 EASY 6K Easy Run	7
8 16K Long Run	9	10 S-HILL'S 3K + 10 Hills + 3K	11	12 HILLS 7 Hill Repeats +	13	14 EASY 7K Easy Run
15 18K Long Run	16	17 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	18	19 PYLONS 3.5 Sets +	20	21 TEMPO 6K Tempo Run GO!
22 16K Special	23	24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	25	26 HILLS 9 Hill Repeats +	27	28 EASY 6K Easy Run
						

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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 45 Minutes of Rolling Hills	6 EASY 6K Easy Run	7 NOTE! Clocks Ahead 1 Hour
8 14K Long Run	9	10 S-HILL'S 3K + 10 Hills + 3K	11 EASY 8K Easy Run	12 STAIRS 8K Run that includes stairs	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 7K	20	21 TEMPO 7K Tempo Run GO!
22 16K Special	23	24 SPEEDUP 2x4K Progress from EZ to FAST	25	26 WHISTLE Whistle Track work w Dr. Stevil	27 EASY 9K Easy Run	28
29 20K Long Run	30	31 The REID 45 Minutes of Rolling Hills				



2026 SSTR 20K

April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 FARTLEKS Team or solo 8K	3	4 EASY 8K Easy Run
5 16K Long Run	6	7 TRAIL HOUR As far as you can run in 60 minutes	8 EASY 7K Easy Run	9 IN & OUTS 2x2800m Track In & Outs	10	11
12 22K Long Run	13	14 Slow&Long 12K Recovery Run	15	16 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	17	18 TEMPO 7K Tempo Run GO!
19 16K Special	20	21 TRAIL HOUR As far as you can run in 60 minutes	22 EASY 6K Easy Run	23 TRAILS 8K Hilly Trail Run	24	25
26 22K Long Run	27	28 SPEEDUP 2x4K Progress from EZ to FAST	29	30 TRAILS 8K Hilly Trail Run		
						

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May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 5K Easy Run	2 Tomorrow Test Pre-Race Meal & Gear
3 25K Long Run	4	5 FLUSH 7K Flush out the legs run	6	7 TRAILS 10K Hilly Trail Run	8	9 TEMPO 6K Tempo Run GO!
10 15K Long Run	11	12 STEADY 8K Steady Run	13	14 SPEEDUP 1x8K Progress from EZ to FAST	15	16 EASY 6K Easy Run
17 10K Long Run	18	19 GIDDYUP 5K Run with 5 accelerations	20	21 EASY 6K Easy Run	22	23 EASY 20 Minute Easy Run
24 RACE!	25	26	27	28	29	30
31						