

2026 SulphurSprings 50K

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 10K Long Run	3	4 EASY 7K Easy Run	5	6 JUST RUN 8K Run	7	8
9 12K Long Run	10	11 EASY REMEMBER A LOSS 8K	12	13 JUST RUN 9K Run	14 EASY 10K Easy Run	15
16 14K Long Run	17	18 EASY 10K Easy Run	19	20 HILLS 7 Hill Repeats	21	22 TRAIL 8K Trail Run
23 16K Long Run	24	25 BUILDUP 2x5K Progress from EZ – Fluid	26	27 HILLYRUN 9K Run with rolling hills	28	29 EASY 10K Easy Run
30 16K Special						

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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 10K Easy Run	3	4 HILLS 8 Hill Repeats	5 EASY 8K Easy Run	6 TRAIL 10K Trail Run
7 14K Long Run	8	9 BUILDUP 2x5K Progress from EZ – Fluid	10	11 LAUNCH 9K Easy Run	12 EASY 8K Easy Run	13
14 FIRST 18K 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 TRAIL 10K Trail Run
21 16K 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 50 Minutes of Rolling Hills	31 EASY 8K Easy Run			

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January 2026

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

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February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 24K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 60 Minutes of Rolling Hills	6 EASY 9K Easy Run	7
8 26K Long Run	9	10 S-HILL'S 3K + 12 Hills + 3K	11 EASY 12K Easy Run	12 HILLS 10 Hill Repeats +	13	14 TRAIL 20K Trail Run or Hilly Run
15 24K Long Run	16	17 FLUSH 8K Flush the legs out Run	18	19 PYLONS 4 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 11K Easy Run	26 STAIRS 12K Run with Stairs!	27	28 TRAIL 20K Trail Run
						

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March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 21K Long Run (Chilly?)	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 Slow&Long 14K Longish Run	6	7 TRAIL 20K Trail Run
8 28K Long Run	9	10 S-HILL'S 3K + 12 Hills + 3K	11 EASY 11K Light Run	12 STAIRS 12K Run with Stairs!	13	14 TRAIL 12K Trail Run
15 30K Long Run	16	17 FLUSH 8K Flush the legs out Run	18	19 BUILD 12K Build by 4K EZ, Med, Fast	20 EASY 10K 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 12K Light Run	26 WHISTLE Whistle Track work w Dr. Stevil	27	28 TRAIL 14K Trail Run
29 26K Long Run	30	31 VO2 Max 11Min EZ + 4Min @ 95% X3				



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April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 FARTLEKS Team or solo 10K	3	4 TRAIL 20K Trail Run
5 32K Long Run	6	7 1 HOUR! As far as you can run in 60 minutes	8 EASY 8K Easy Run	9 IN & OUTS 2x3600m Track In & Outs	10 EASY 9K Easy Run	11
12 30K Long Run	13	14 S-HILL'S 3K + 12 Hills + 3K	15	16 STAIRS 12K Run with Stairs!	17 EASY 9K Easy Run	18
19 24K Special	20	21 VO2 Max 8Min EZ + 4Min @ 95% X4	22 EASY 8K Easy Run	23 Slow&Long 14K Longish Run	24	25 TRAIL 14K Trail Run
26 36K Long Run	27	28 EASY 12K Light Run	29 EASY 8K Easy Run	30 STAIRS 12K Run with Stairs!		
						

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May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 40K+ Long Run	4	5 FLUSH 8K Flush out the legs run	6	7 TRAIL 15K Hilly Trail Run	8	9 TRAIL 10K Trail Run
10 21K Long Run	11	12 TRAIL 12K Easy Trail Run	13	14 SPEEDUP 2x5K Progress from EZ to FAST	15	16 EASY 45 Minute Easy Run
17 15K 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						