

# 2026 SSTR 50Miles

## November 2025

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

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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! HIKE – Add Hikes – they equal time on the feet + elevation gain.

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

# 2026 SSTR 50Miles

## January 2026

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

# 2026 SSTR 50Miles

## February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>24K Long Run</b>	2	3 <b>1 HOUR!</b> As far as you can run in 60 minutes	4	5 <b>The REID</b> 60 Minutes of Rolling Hills	6 <b>EASY</b> 10K Easy Run	7
8 <b>30K Long Run</b>	9	10 <b>S-HILL'S</b> 3K + 12 Hills + 3K	11 <b>EASY</b> 12K Easy Run	12 <b>HILLS</b> 10 Hill Repeats +	13	14 <b>TRAIL</b> 20K Trail Run or Hilly Run
15 <b>26K Long Run</b>	16	17 <b>Slow&amp;Long</b> 14K Longish Run	18	19 <b>PYLONS</b> 4 Sets +	20 <b>EASY</b> 12K Easy Run	21
22 <b>24K Special</b>	23	24 <b>3,4,5 KICK</b> 3K+2x3,3,4,4,5,5 Min HD then EZ	25 <b>EASY</b> 12K Easy Run	26 <b>STAIRS</b> 12K Run with Stairs!	27	28 <b>TRAIL</b> 16K Trail Run
						

# 2026 SSTR 50Miles

## March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>32K Long Run</b>	2	3 <b>1 HOUR!</b> As far as you can run in 60 minutes	4	5 <b>Slow&amp;Long</b> 14K Longish Run	6 <b>SPEEDUP</b> 2x6K Speed up from EZ to FAST!	7
8 <b>36K Long Run</b>	9	10 <b>S-HILL'S</b> 3K + 14 Hills + 3K	11 <b>EASY</b> 11K Light Run	12 <b>STAIRS</b> 12K Run with Stairs!	13	14 <b>TRAIL</b> 20K Trail Run
15 <b>24K Long Run</b>	16	17 <b>The REID</b> 75 Minutes of Rolling Hills	18	19 <b>BUILD</b> 15K Build by 5K EZ, Med, Fast	20 <b>EASY</b> 10K Easy Run	21
22 <b>24K Special</b>	23	24 <b>3,4,5 KICK</b> 3K+2x3,3,4,4,5,5 Min HD then EZ	25 <b>EASY</b> 12K Light Run	26 <b>WHISTLE</b> Whistle Track work w Dr. Stevil	27	28 <b>TRAIL</b> 30K Trail Run
29 <b>20K Long Run</b>	30	31 <b>S-HILL'S</b> 3K + 14 Hills + 3K				

# 2026 SSTR 50Miles

## April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>STAIRS</b> 14K Run with Stairs!	3	4 <b>TRAIL</b> 20K Trail Run
5 <b>24K Long Run</b>	6	7 <b>TRAIL HOUR</b> As far as you can run in 60 minutes	8	9 <b>IN &amp; OUTS</b> 2x3600m Track In & Outs	10 <b>EASY</b> 10K Easy Run	11 <b>TRAIL</b> 12K Trail Run
12 <b>40K Long Run</b>	13	14 <b>S-HILL'S</b> 3K + 14 Hills + 3K	15	16 <b>STAIRS</b> 14K Run with Stairs!	17 <b>EASY</b> 10K Easy Run	18
19 <b>24K Special</b>	20	21 <b>HILLY RUN</b> 16K Trail Hilly Run	22 <b>EASY</b> 10K Easy Run	23 <b>Slow&amp;Long</b> 14K Longish Trail Run	24	25 <b>TRAIL</b> 20K Trail Run
26 <b>21K Long Run</b>	27	28 <b>Slow&amp;Long</b> 16K Light Run	29 <b>HIKE</b> 90 Minutes	30 <b>STAIRS</b> 12K Run with Stairs!		
						

# 2026 SSTR 50Miles

## May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>HIKE</b> 2-3 Hour Hike on Rolling Trail
3 <b>50K+ Long Run</b>	4	5	6 <b>FLUSH</b> 8K Flush out the legs run	7 <b>TRAIL</b> 15K Hilly Trail Run	8	9 <b>TRAIL</b> 24K Trail Run
10 <b>14K Long Run</b>	11	12 <b>TRAIL</b> 16K Easy Trail Run	13	14 <b>SPEEDUP</b> 2x7K Progress from EZ to FAST	15	16 <b>EASY</b> 45 Minute Easy Run
17 <b>16K Long Run</b>	18	19 <b>GIDDYUP</b> 8K Run with 5 accelerations	20	21 <b>EASY</b> 7K Easy Run	22	23 <b>RACE!</b>
24	25	26	27	28	29	30
31						