


# Mont Tremblant 1/2 2026 June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 <b>Let's Go!</b> 8K Social Run	19	20 <b>EASY</b> 5K Easy Run
21 <b>START!</b> 16K Long Run	22	23 <b>BUILDUP</b> 2x4K Progress from EZ -Fluid - Hard	24	25 <b>HILLS</b> 6 Hill Repeats Road or Trail	26 <b>EASY</b> 6K Easy Run	27
28 19K Long Run	29	301- <b>2Punch</b> WU + 7 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				

# Mont Tremblant 1/2 2026 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>HILLS</b> 8 Hill Repeats Road or Trail	3 <b>EASY</b> 7K Easy Run	4
5 <b>21K Long Run</b>	6	7 <b>7x90/90</b> 90 sec @ 10K RP 90 sec Easy Jog	8	9 <b>PYLONS</b> 3 Sets of Pylons	10	11 <b>TEMPO</b> 35 Minute Tempo Run!!
12 <b>16K Special</b>	13	14 <b>S-HILL'S</b> 3K + 8 Hills + 3K	15 <b>EASY</b> 6K Easy Run	16 <b>BUILD</b> 3x3K Build Mara, 1/2, 10K	17	18
19 <b>23K Long Run</b>	20	21 <b>FLUSH</b> 8K Flush out the legs run	22	23 <b>TRACK</b> 4x1K PROG. Mara, 1/2, 10K, 5K	24	25 <b>TEMPO</b> 40 Minute Tempo Run!!
26 <b>16K Long Run</b>	27	28 <b>8x90/90</b> 90 sec @ 10K RP 90 sec Easy Jog	29	30 <b>SPEEDUP</b> 2x4K Progress from EZ to FAST	31	

# Mont Tremblant 1/2 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>EASY</b> 6K Easy Run
2 <b>10K Long Run</b>	3	4 <b>Taper Break</b> 6K Run with 5 accelerations	5	6 <b>EASY</b> 6K Easy Run	7	8 <b>JOG+</b> 4K Easy Run + 3 Accelerations
9 <b>RACE DAY!</b>	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					