

The Beav 25K 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 Let's Go! 8K Social Run	19	20 EASY 5K Easy Run
21 START! 10K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24	25 DUST-OFF 8K Shake the Dust-Off run	26 EASY 6K Easy Run	27
28 10K Long Run	29	30 1-2Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				

The Beav 25K 2026 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 7 Hill Repeats on Trail	3 EASY 7K Easy Run	4
5 12K Long Run	6	7 10K TEST Race a 10K to set your mark (Trail?)	8	9 PYLONS 3 Sets of Pylons on Trail	10	11 TEMPO 6K Tempo Run on Trails
12 12K Special	13 EASY 6K Easy Run	14 S-HILL'S 3K + 10 Hills + 3K	15	16 HILLS 8 Hill Repeats on Trail	17 EASY 6K Easy Run	18
19 14K Run with	20	21 1-2Punch WU + 7 sets of: 1Min HD 2 EZ 2Min HD 1 EZ	22	23 The REID 40 Minutes of Rolling Hills on Trail	24 EASY 8K Easy Run	25
26 16K Long Run	27	28 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	29	30 PYLONS 3 Sets of Pylons on Trail	31	

The Beav 25K 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 9K Easy Run
2 16K Run with 5x2Min HD	3	4 10K TEST 10K Race on same course	5	6 HILLS 10 Hill Repeats on Trail	7	8 EASY 10K Easy Run
9 16K Special	10 EASY 6k Easy Run	11 S-HILL'S 3K + 12 Hills + 3K	12	13 TRACK 4x1K PROG. Mar, 1/2, 10K, 5K With Dr. Steve	14	15
16 18K Long Run	17	18 EASY 10K Easy Run	19	20 TRAIL 6x4Min EZ then 4min Hard	21	22 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K
23 20K Long Run	24	25 TEMPO 9K Trail Tempo Run	26 EASY 7K Easy Run	27 TRACK Whistle Workout #1 with Dr. Steve	28	29 EASY 6K Easy Run
30 22K Long Run	31					

The Beav 25K 2026 September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10K TEST 10K Race on same course	2	3 TRAIL 7x4Min EZ then 4min Hard	4	5 EASY 12K Easy Run
6 16K Special	7	8 S-HILL'S 3K + 12 Hills + 3K	9 EASY 12K Medium Long Run	10 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K	11	12
13 22K Long Run	14	15 1-2Punch WU + 7 sets of: 1Min HD 2 EZ 2Min HD 1 EZ	16	17 The REID 50 Minutes of Rolling Hills	18	19 TEMPO 35 Minute Tempo Run!!
20 16K Run with 5x2Min HD	21	22 TEMPO 9K Trail Tempo Run	23	24 HILLY 10K Run with rolling hills	25	26 EASY 6K Easy Run
27 24K Long Run	28	29 FLUSH 6K Flush out the legs run	30 EASY 8K Easy Trail Run			

The Beav 25K 2026 October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 BUILD 9K Build by 3K Ez, Med, Strong	2	3
4 16K Special	5	6 S-HILL'S 3K + 12 Hills + 3K	7 EASY 14K Medium Long Run	8 HILLY 10K Run with rolling hills	9	10
11 22K Long Run	12	13 BUILD 9K Build by 3K EZ, Med, Strong	14	15 HILLS 8 Hill Repeats	16 EASY 6K Easy Run	17
18 28K Long Run	19	20 FLUSH 8K Flush out the legs run	21	22 TRAIL 9K Trail Run	23	24 EASY 6K Easy Run
25 16K Long Run	26	27 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K	28	29 TRAIL 4x4Min EZ then 4min Hard	30	31 EASY 6K Easy Run

The Beav 25K 2026 November

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