


The Hustle 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! 12K 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 14K Long Run	29	30 1-2Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				


The Hustle 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 14K 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 16K Run with 5x2Min HD	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 18K 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 Hustle 25K 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 9K Easy Run
2 20K Long Run	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 22K 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 18K Run with 5x2Min HD	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 25K Long Run	31					

The Hustle 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 14K Medium Long Run	10 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K	11	12
13 28K Long Run	14	15 FLUSH 8K Flush out the legs run	16	17 The REID 50 Minutes of Rolling Hills	18	19 TEMPO 35 Minute Tempo Run!!
20 16K Long Run	21	22 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K	23	24 TRAIL 4x4Min EZ then 4min Hard	25	26 EASY 6K Easy Run
27 10K Long Run	28	29 Taper Break 6K Run with 5 accelerations	30			

The Hustle 25K 2026 October

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