

Sulphur Springs 25km Trail Race

May 25, 2019

Week	Saturday	Sunday	Monday*	Tuesday	Wednesday*	Thursday	Friday
Jan 26	11km	Rest	Rest	10km (hilly route)	Rest	7km w 30 sec sprints x 5	Rest
Feb 2	13km	Rest	Rest	10km	Rest	7km w hills x 2	Rest
Feb 9	15km	Rest	Rest	10km (hilly route)	Rest	7km w 30 sec sprints x 6	Rest
Feb 16	17km	Rest	Rest	10km	Rest	7km w hills x 3	Rest
Feb 23	12km	Rest	Rest	10km (hilly route)	Rest	8km w 30 sec sprints x 7	Rest
March 2	19km	Rest	Rest	10km	Rest	8km w hills x 4	Rest
March 9	21km	Rest	Rest	10km (hilly route)	Rest	8km w 30 sec sprints x 8	Rest
March 16	15km	Rest	Rest	10km	Rest	8km w hills x 5	Rest
March 23	23km	Rest	Rest	10km (hilly route)	Rest	9 km w 45 sec sprints x 9	Rest
March 30	15km	Rest	Rest	10km	Rest	9km w hills x 6	Rest
April 6	25km	Rest	Rest	10km (hilly route)	Rest	9km w 45 sec sprints x 10	Rest
April 13	20km	Rest	Rest	10km	Rest	9km w hills x 7	Rest
April 20	27km	Rest	Rest	10km (hilly route)	Rest	10km w 45 sec sprints x 10	Rest
April 27	20km	Rest	Rest	10km	Rest	10km w hills x 8	Rest
May 4	30km	Rest	Rest	10km (hilly route)	Rest	10km w 45 sec sprints x 10	Rest
May 11	15km	Rest	Rest	10km	Rest	10km	Rest
May 18	5km	Rest	Rest	5km	Rest	5km	Rest
May 25	Race Day 25km			Rest		Rest or easy 5km	

*Optional cross training on Monday and Wednesdays April and May long runs at race site, conditions permitting.