



CIELE SUNDAYS // SPRING 2024

WEEK - DATE	INTRO HALF (MTL + TO)	ADV HALF (MTL + TO)	INTRO FULL (MISS + TO)	ADV FULL (MISS + TO)
1 - Jan 21	BOTH 12k	BOTH 18k	BOTH 18k	BOTH 22-24k
2 - Jan 28	BOTH 10-12k	BOTH 18-20k	BOTH 10-12k	BOTH 10-12k
3 - Feb 4	BOTH 15k	BOTH 20k hilly	BOTH 20k hilly	BOTH 24k hilly
4 - Feb 11	BOTH 12k	BOTH 20k optional NS	BOTH 20k NS	BOTH 20-22k w pacing 7k regular, 2-4 x 2k of race pace +/- 5 seconds 1k regular running in between, finish w 4k regular
5 - Feb 18	BOTH 14k	MTL 22-24k TO 14k	BOTH 14k	BOTH 28k
6 - Feb 25	BOTH 10-12k	BOTH 10-12k	BOTH 10-12k	BOTH 18k NS
7 - Mar 3	BOTH 15k	BOTH 25k	BOTH 25k	BOTH 25k w pacing 6k regular, 4 x 2k at race pace +/- 5 seconds, 1k regular running between, finish w 4-6k regular
8 - Mar 10	BOTH 12k	BOTH 18k optional FF	BOTH 18k FF	BOTH 30-32k
9 - Mar 17	BOTH 16k	BOTH 20k	BOTH 30-32k	BOTH 30-32k
10 - Mar 24	BOTH 10-12k	BOTH 20k NS	BOTH 10-12k	BOTH 10-12k
11 - Mar 31	BOTH 19-20k	MTL 24k TO 19-20k	BOTH 19-20k NS	MISS 24k w pacing 4k regular, 4 x 4k at race pace +/- 5 seconds, 1k regular running btw. (make sure the 1k's aren't too slow), 2-4k regular TO 24k
12 - Apr 7	BOTH 15-16k optional NS	BOTH 20k PR start 15-20 sec/k slower than race pace and gradually pick it up so the last 2-4k are at race pace	MISS 30-32k TO 20k NS	MISS 34-37k TO 24k 24k w pacing 4k regular, 4 x 4k at race pace +/- 5 seconds, 1k regular running btw. (make sure the 1k's aren't too slow), finish w 3-4k regular
13 - Apr 14	MTL 12k TO 20k	MTL 15k w PACING 4k regular, 3 x 2k at race pace w 1k regular btw. 2k regular TO 20k	MISS 22k FF TO 30-32k	MISS 22k w pacing 6k regular, 4k at race pace +15sec, 3k at race pace, 4k at race pace +15sec, 2k at race pace -10 sec, 4k regular TO 34-37k
14 - Apr 21	MTL RACE DAY TO 16k NS	MTL RACE DAY TO 18 PR start 15-20 sec/k slower than race pace and gradually pick it up so the last 2-4k are at race pace	MISS 18k NS TO 22k FF	MISS 18k w pacing 3k regular, 2 x 2k at race pace w 1k regular btw. 2k faster, 3k regular TO 22k w pacing 6k regular, 4k at race pace +15sec, 2k at race pace -4k at race pace +15sec, 2k at race pace -10 sec, 4k regular
15 - Apr 28	MTL come chill or 12k v easy TO 12k	MTL come chill or 12k v easy TO 15k w pacing 4k regular, 2 x 2k at race pace w 1k regular btw. 2k regular	MISS RACE DAY TO 18k NS	MISS RACE DAY TO 18k w pacing 3k regular, 2 x 2k at race pace w 1k regular btw. 2k faster, 3k regular

LEGEND:
 NS = Negative split. The second half of your run is faster than the first half.
 FF = Fast finish. The last 3-5km of your run should be your fastest. Dial it up and make them "snappy".

