

Prairie Farms Quick Bix Runners

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 20 min Interval Run: 1 min run/ 1 min walk	27 Cross training Strengthening	28 5 min warm up 2 min hill climb X 4 reps 5 min cool down	29 rest	30 20 min Interval Run: 1 min run/ 1 min walk	1 Cross Training Strengthening	2 1.5 mile walk
3 20 min Interval Run: 2 min run/ 1 min walk	4 Cross training Strengthening	5 5 min warm up 2 min hill climb X 4 reps 5 min cool down	6 rest	7 20 min Interval Run: 2 min run/ 1 min walk	8 Cross Training Strengthening	9 2 mile walk
10 20 min Interval Run: 3 min run/ 1 min walk	11 Cross training Strengthening	12 5 min warm up 3 min hill climb X 4 reps 5 min cool down	13 rest	14 20 min Interval Run: 3 min run/ 1 min walk	15 Cross Training Strengthening	16 .5 mile easy run 1 mile walk
17 20 min Interval Run: 4 min run/ 1 min walk	18 Cross training Strengthening	19 5 min warm up 3 min hill climb X 4 reps 5 min cool down	20 rest	21 20 min Interval Run: 4 min run/ 1 min walk	22 Cross Training Strengthening	23 .5 mile easy run 1 mile walk
24	25	26	27	28	29	30

20 min Interval Run: 5 min run/ 1 min walk	Cross training Strengthening	5 min warm up 3 min hill climb X 4 reps 5 min cool down	rest	20 min Interval Run: 5 min run/ 1 min walk	Cross Training Strengthening	.75 mile easy run 1 mile walk
31 20 min Interval Run: 6 min run/ 1 min walk						

Interval Run

Run/walk for allotted time then repeat until total time is achieved.

Hill Repeats Tuesdays

Can be completed at a track or any path/trail, aiming for 10% faster than race pace during bouts. Walk/jog between reps until no longer winded.

Long runs

Should be completed at a conversational pace. If feeling good, can gradually build up to race pace over final 1/4 of the run.

Prairie Farms Quick Bix Runners **June** 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cross training Strengthening	2 5 min warm up 3 min hill climb X 4 reps 5 min cool down	3 rest	4 20 min Interval Run: 6 min run/ 1 min walk	5 Cross Training Strengthening	6 .75 mile easy run 1 mile walk
7 20 min Interval Run: 7 min run/ 1 min walk	8 Cross training Strengthening	9 5 min warm up 4 min hill climb X 4 reps 5 min cool down	10 rest	11 20 min Interval Run: 7 min run/ 1 min walk	12 Cross Training Strengthening	13 .75 mile easy run 1 mile walk
14	15	16	17	18	19	20

20 min Interval Run: 8 min run/ 1 min walk	Cross training Strengthening	5 min warm up 4 min hill climb X 4 reps 5 min cool down	rest	20 min Interval Run: 8 min run/ 1 min walk	Cross Training Strengthening	1 mile easy run 1 mile walk
21 20 min Interval Run: 9 min run/ 1 min walk	22 Cross training Strengthening	23 5 min warm up 4 min hill climb X 4 reps 5 min cool down	24 rest	25 20 min Interval Run: 9 min run/ 1 min walk	26 Cross Training Strengthening	27 1 mile easy run 1 mile walk
28 20 min Interval Run: 10 min run/ 1 min walk	29 Cross training Strengthening	30 5 min warm up 4 min hill climb X 4 reps 5 min cool down				

Prairie Farms Quick Bix Runners

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 rest	2 20 min Interval Run: 10 min run/ 1 min walk	3 Cross Training Strengthening	4 1.5 mile easy run 1 mile walk
5 30 min Interval Run: 7 min run/ 1 min walk	6 Cross training Strengthening	7 5 min warm up 5 min hill climb X 4 reps 5 min cool down	8 rest	9 30 min Interval Run: 7 min run/ 1 min walk	10 Cross Training Strengthening	11 2 mile run race pace

12 30 min Interval Run: 8 min run/ 1 min walk	13 Cross training Strengthening	14 5 min warm up 5 min hill climb X 4 reps 5 min cool down	15 rest	16 30 min Interval Run: 8 min run/ 1 min walk	17 Cross Training Strengthening	18 2 mile easy run
19 30 min Interval Run: 9 min run/ 1 min walk	20 Cross training Strengthening	21 5 min warm up 5 min hill climb X 4 reps 5 min cool down	22 rest	23 1 mile run	24 Rest	25 BIX!
26	27	28	29	30	31	