


2021 BERLIN MARATHON

June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 14K Long Run	7	8 EASY 8K Easy Run	9	10 STEADY 8K Steady - Feeling Good!	11	12 EASY 6K Easy Run
13 16K Long Run	14	15 90/60/30 3K + 4x each with equal recovery +3K	16	17 HILLS 8 Repeats	18 EASY 6K Easy Run Shake it out	19
20 18K Long Run	21	22 1&1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	23	24 PYLONS 3 Sets	25	26 TEMPO 8K Tempo Run
27 21K Long Run	28	29 Cutdown 2 x 6, 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	30 FLOAT 40 Minute Float Run			
						


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July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRILLS Canada Day 8 Trail Hills!	2	3
4 16K Special CLIMB	5	6 In & Out's 5K Run + 10 Laps of In & Out's	7	8 PYLONS 3 Sets	9 FLOAT 40 Minute Float Run	10
11 24K Progression 3x8K EZ, BLD2, RP	12	13 The REID 3K Plus 40 Min of Rolling Hills	14	15 90/60/30 3K + 4x each with equal recovery +3K	16	17 TRAILS 8K Trail Run
18 26K Long Run	19	20 1 & 1's 2-3K wu Plus 22X 1 Min HD 1 Min EZ	21	22 PYLONS 4 Sets	23 EASY 8K Easy Run Shake it out	24
25 28K Long Run	26	27 Cutdown 2 x 6, 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	28	29 TRILLS 9 Trail Hills	30	31 TEMPO 8K Tempo Run
						

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August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K Special SPEED	2	3 The REID 3K Plus 40 Min of Rolling Hills	4	5 90/60/30 3K + 5x each with equal recovery +3K	6 EASY 8K Easy Run Shake it out	7
8 30K Progression 3x10K EZ, BLD2, RP	9	10 1 & 1's 2-3K wu Plus 24X 1 Min HD 1 Min EZ	11	12 TRILLS 10 Trail Hills	13	14 TEMPO 9K Tempo Run
15 32K Long Run	16	17 BUILD 12K Build By 4K EZ, Med, HD	18 FLOAT 40 Minute Float Run	19 MILES 4X1 Mile with 2Min Recovery	20	21
22 35K Long Run	23	24 90/60/30 3K + 5x each with equal recovery +3K	25	26 Cutdown 2 x 6, 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	27 FLOAT 40 Minute Float Run	28
29 15K Special 3x5K @ RP	30	31 MILES 5X1 Mile with 2Min Recovery				
						

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September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 In & Out's 5K Run + 12 Laps of In & Out's	3 EASY 8K Easy Run Shake it Out.	4
5 38K Long Run	6	7 STEADY 8K Steady Run	8	9 TEMPO 10K Tempo Run	10 FLOAT 40 Minute Float Run	11
12 21K Long Run	13	14 STEADY 10K Just Run	15	16 RacePace 8K Gentle Build to RP for last 2K	17	18 EASY 6K Easy Run + Accelerations
19 12K Long Run	20	21 EASY 7K Super Easy	22	23 EASY 6K Easy Run	24	25 EASY 3K Easy Run + Accelerations
26 RACE DAY!	27	28	29	30		
						