


# 2021 CORNING MARATHON

## June 2021

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


# 2021 CORNING MARATHON

# July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRILLS Canada Day 8 Trail Hills!	2	3
4 <b>16K Special</b> <b>CLIMB</b>	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 <b>22K Long Run</b>	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 with Hills
18 <b>24K Progression</b> 3x8K EZ, BLD2, RP	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 <b>26K Long Run</b>	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
						

## 2021 CORNING MARATHON

# August 2021

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

## 2021 CORNING MARATHON

# 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 <b>35K Long Run</b>	6	7 MILES 5X1 Mile with 2Min Recovery	8	9 TEMPO 10K Tempo Run	10 FLOAT 40 Minute Float Run	11
12 <b>38K Long Run</b>	13	14 STEADY 8k Steady Run	15	16 BUILD 9K Build by 3K EZ, Med, HD	17 EASY 8K Easy Run	18
19 <b>21K Long Run</b>	20	21 STEADY 10K Just Run	22	23 RacePace 8K Gentle Build to RP for last 2K	24	25 EASY 6K Easy Run + Accelerations
26 <b>12K Long Run</b>	27	28 EASY 7K Super Easy	29	30 EASY 6K Easy Run		
						

## 2021 CORNING MARATHON

# October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 EASY 3K Easy Run + Accelerations
3 <b>RACE DAY!</b>	4	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						