


2021 ERIE MARATHON

June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 16K Long Run	7	8 EASY 8K Easy Run	9	10 STEADY 8K Steady - Feeling Good!	11	12 EASY 8K Trail Run
13 18K Long Run	14	15 90/60/30 3K + 4x each with equal recovery +3K	16	17 HILLS 8 Repeats	18 EASY 8K Easy Run Shake it out	19
20 20K Long Run	21	22 1&1's 2-3K wu Plus 22X 1 Min HD 1 Min EZ	23	24 PYLONS 3 Sets	25	26 TEMPO 9K Tempo Run
27 22K 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 10 Trail Hills!	2	3
4 16K Special SPEED	5	6 In & Out's 5K Run + 12 Laps of In & Out's	7	8 PYLONS 4 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 with Hills
18 28K Long Run	19	20 1 & 1's 2-3K wu Plus 24X 1 Min HD 1 Min EZ	21	22 PYLONS 4 Sets	23 EASY 8K Easy Run Shake it out	24
25 30K 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 In & Out's 5K Run + 12 Laps of In & Out's	30	31 TEMPO 8K Tempo Run
						

2021 ERIE MARATHON

August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 15K Special 3x5K @ RP	2	3 The REID 3K Plus 40 Min of Rolling Hills	4	5 MILES 4X1 Mile with 2Min Recovery	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 90/60/30 3K + 5x each with equal recovery +3K	13	14 TEMPO 9K Tempo Run
15 34K Long Run	16	17 MILES 5X1 Mile with 2Min Recovery	18 FLOAT 40 Minute Float Run	19 RacePace 10K Run – 8K at Race Pace	20	21
22 38K Long Run	23	24 STEADY 8K Steady Run	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 21K Long Run	30	31 STEADY 10K Just Run				
						

2021 ERIE MARATHON

September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 RacePace 8K Gentle Build to RP for last 2K	3	4 EASY 6K Easy Run + Accelerations
5 12K Long Run	6	7 EASY 7K Super Easy	8	9 EASY 6K Easy Run	10	11 EASY 3K Easy Run + Accelerations
12 RACE DAY!	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
						