


## 2021 HAMILTON HALF MARATHON

# June 2021

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

# 2021 HAMILTON HALF MARATHON

# July 2021

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


## 2021 HAMILTON HALF MARATHON

# August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>16K Special</b> <i>SPEED</i>	2	3 <b>The REID</b> 3K Plus 40 Min of Rolling Hills	4	5 <b>90/60/30</b> 2K + 4x each with equal recovery +2K	6 <b>EASY</b> 6K Easy Run Shake it out	7
8 <b>18K Long Run</b>	9	10 <b>1 &amp; 1's</b> 2-3K wu Plus 20X 1 Min HD 1 Min EZ	11 <b>FLOAT</b> 30 Minute Float Run	12 <b>TRILLS</b> 8 Trail Hills	13	14
15 <b>14K Long Run</b>	16	17 <b>STEADY</b> 8K Steady Run	18	19 <b>PYLONS</b> 3 Sets	20	21 <b>TEMPO</b> 7K Tempo Run
22 <b>18K Progression</b> 3x6K EZ, BLD2, RP	23	24 <b>BUILD</b> 9K Build By 3K EZ, Med, HD	25	26 <b>Fartleks</b> 8K of Team Fartleks	27 <b>FLOAT</b> 30 Minute Float Run	28
29 <b>16K Special</b> <i>SPEED</i>	30	31 <b>The REID</b> 3K Plus 40 Min of Rolling Hills				
						

## 2021 HAMILTON HALF MARATHON

# September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 In & Out's 4K Run + 10 Laps of In & Out's	3 EASY 6K Easy Run Shake it Out	4
5 <b>18K Long Run</b>	6	7 90/60/30 2K + 4x each with equal recovery +2K	8	9 MILES 3X1 Mile with 2Min Recovery	10 FLOAT 30 Minute Float Run	11
12 <b>20K Long Run</b>	13	14 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	15	16 TRILLS 9 Trail Hills. Seriously!	17 EASY 6K Easy Run Shake it out	18
19 <b>20K Long Run</b>	20	21 The REID 3K Plus 40 Min of Rolling Hills	22	23 Fartleks 8K of Team Fartleks	24	25 TEMPO 8K Tempo Run
26 <b>15K Special</b> <b>3x4K @ RP +3K</b>	27	28 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	29	30 RacePace 7K Gentle Build to RP for last 2K		
						

## 2021 HAMILTON HALF MARATHON

# October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>FLOAT</b> 30 Minute Float Run	2
3 <b>22K Long Run</b>	4	5 <b>MILES</b> 3X1 Mile with 2Min Recovery	6	7 <b>Fartleks</b> 8K of Team Fartleks	8 <b>EASY</b> 6K Easy Run Shake it out	9
10 <b>14K ProgeSSION</b> 3x~5K EZ, BLD2, RP	11	12 <b>1 &amp; 1's</b> 2-3K wu Plus 21X 1 Min HD 1 Min EZ	13	14 <b>STEADY</b> 8K Steady Run	15 <b>TEMPO</b> 7K Tempo Run	16
17 <b>24K Long Run</b>	18	19 <b>EASY</b> 6K Easy Run	20	21 <b>MILES</b> 4X1 Mile with 2Min Recovery	22 <b>EASY</b> 6K Easy Run Shake it out	23
24 <b>16K Long Run</b>	25	26 <b>STEADY</b> 8K Just Run	27	28 <b>RacePace</b> 7K Gentle Build to RP for last 2K	29	30 <b>EASY</b> 5K Easy Run + Accelerations
31 <b>10K Easy Run</b>						

## 2021 HAMILTON HALF MARATHON

# November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 EASY 6K Super Easy	3	4 EASY 5K Easy Run	5	6 EASY 3K Easy Run + Accelerations
7 <b>RACE DAY!</b>	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
						