


2021 HAMILTON MARATHON

June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 12K Long Run	7	8 EASY 8K Easy Run	9	10 STEADY 8K Steady - Feeling Good!	11	12 EASY 6K Trail Run
13 14K Long Run	14	15 BUILD 9K Build by 3K EZ, Med, HD	16	17 HILLS 8 Repeats	18 EASY 6K Easy Run Shake it out	19
20 14K 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 7K Tempo Run
27 16K Long Run	28	29 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	30 FLOAT 40 Minute Float Run			
						


2021 HAMILTON MARATHON

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 18K Long Run	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 18K 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 20K 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
						


2021 HAMILTON MARATHON

August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K Special <i>SPEED</i>	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 22K Long Run	9	10 1 & 1's 2-3K wu Plus 22X 1 Min HD 1 Min EZ	11 FLOAT 40 Minute Float Run	12 TRILLS 10 Trail Hills	13	14
15 24K Progression 3x8K EZ, BLD2, RP	16	17 STEADY 10K Steady Run	18	19 PYLONS 4 Sets	20	21 TEMPO 9K Tempo Run
22 26K Long Run	23	24 BUILD 12K Build By 4K EZ, Med, HD	25	26 Fartleks 8K of Team Fartleks	27 FLOAT 40 Minute Float Run	28
29 16K Special <i>SPEED</i>	30	31 The REID 3K Plus 40 Min of Rolling Hills				
						

2021 HAMILTON 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 26K Long Run	6	7 90/60/30 3K + 5x each with equal recovery +3K	8	9 MILES 3X1 Mile with 2Min Recovery	10 FLOAT 40 Minute Float Run	11
12 28K Long Run	13	14 1 & 1's 2-3K wu Plus 22X 1 Min HD 1 Min EZ	15	16 TRILLS 10 Trail Hills. Seriously!	17 EASY 8K Easy Run Shake it out	18
19 30K Progression 3x10K EZ, BLD2, RP	20	21 The REID 3K Plus 40 Min of Rolling Hills	22	23 Fartleks 8K of Team Fartleks	24	25 TEMPO 10K Tempo Run
26 15K Special 3x5K @ RP	27	28 Cutdown 2 x 6, 5, 4, 3, 2, 1 1 Min EZ btw Efforts, 3 Min EZ btw Sets	29	30 RacePace 10K Gentle Build to RP for last 2K		
						

2021 HAMILTON MARATHON

October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FLOAT 40 Minute Float Run	2
3 32K Long Run	4	5 MILES 4X1 Mile with 2Min Recovery	6	7 Fartleks 8K of Team Fartleks	8 EASY 8K Easy Run Shake it out	9
10 35K Long Run	11	12 1 & 1's 2-3K wu Plus 24X 1 Min HD 1 Min EZ	13	14 STEADY 10K Steady Run	15 TEMPO 9K Tempo Run	16
17 38K Long Run	18	19 EASY 7K Easy Run	20	21 MILES 5X1 Mile with 2Min Recovery	22 EASY 9K Easy Run Shake it out	23
24 21K Long Run	25	26 STEADY 10K Just Run	27	28 RacePace 8K Gentle Build to RP for last 2K	29	30 EASY 6K Easy Run + Accelerations
31 12K Easy Run						

2021 HAMILTON MARATHON

November 2021

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