


2021 LONDON 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 16K 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 18K 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			
						


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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 22K 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 24K Progression 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 26K 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 28K Long Run	9	10 1 & 1's 2-3K wu Plus 24X 1 Min HD 1 Min EZ	11 FLOAT 40 Minute Float Run	12 TRILLS 10 Trail Hills	13	14
15 30K Progression 3x10K EZ, BLD2, RP	16	17 STEADY 10K Steady Run	18	19 PYLONS 4 Sets	20	21 TEMPO 9K Tempo Run
22 32K Long Run	23	24 BUILD 12K Build By 4K EZ, Med, HD	25	26 MILES 4X1 Mile with 2Min Recovery	27 FLOAT 40 Minute Float Run	28
29 15K Special 3x5K @ RP	30	31 90/60/30 3K + 5x each with equal recovery +3K				
						

2021 LONDON 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 35K Long Run	6	7 MILES 5X1 Mile with 2Min Recovery	8	9 TEMPO 10K Tempo Run	10 FLOAT 40 Minute Float Run	11
12 38K Long Run	13	14 STEADY 8k Steady Run	15	16 BUILD 9K Build by 3K EZ, Med, HD	17 EASY 8K Easy Run	18
19 21K Long Run	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 12K Long Run	27	28 EASY 7K Super Easy	29	30 EASY 6K Easy Run		
						

2021 LONDON MARATHON

October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 EASY 3K Easy Run + Accelerations
3 RACE DAY!	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						