


2022 Brooklyn - HALF MARATHON

December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 EASY 40 Minute Easy Run	3	4
5 8K Long Run	6	7 EASY 6K Easy Run	8	9 STEADY 6K Steady - Feeling Good!	10	11 EASY 35 Minute Easy Run
12 8K Long Run	13	14 EASY 7K Easy Run	15	16 STEADY 7K Steady - Feeling Good!	17 EASY 30 Minute Easy Run	18
19 10K Long Run	20	21 BUILD 9K Build by 3K EZ, Med, Hard	22 OPTION 6K Easy Run	23 STEADY 8K Steady - Feeling Good!	24	25
26 Boxing 12K Long Run	27	28 The REID 3K + 40 Minutes of Rolling Hills	29	30 EASY 8K Easy Run	31 NYE 5K/10K	
						


2022 Brooklyn - HALF MARATHON

January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OPTION 7K Easy Run
2 12K Long Run	3	4 BUILD 9K Build by 3K EZ, Med, Hard	5 EASY 30 Minute Easy Run	6 HILLS 2K Plus 7 Hill Repeats	7	8 OPTION 8K Tempo Run
9 14K Long Run	10	11 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	12 OPTION 30 Minute Recovery Run	13 PYLONS 2K Plus 3 Sets+	14	14 TEMPO 8K Tempo Run
16 14K Long Run	17	18 BUILD 9K Build by 3K EZ, Med, Hard	19	20 HILLS 2K Plus 8 Hill Repeats	21 OPTION 6K Easy Run	22 FLOAT 7K Float Run
23 12K Special Vertical	24	25 Cutdown 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	26	27 The REID 3K + 40 Minutes of Rolling Hills	28 EASY 6K Easy Run	29
30 16K Long Run	31					


2022 Brooklyn - HALF MARATHON

February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 45MinTest <i>Run as far as you can in 45 Min</i>	2 OPTION 9K Build by 3K EZ,Med,Hard	3 PYLONS 2K Plus 3 Sets	4	5 STEADY 6K Steady Run
6 15K Long Run @Progression	7	8 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	9 TEMPO 8K Tempo Run	10 HILLS 2K Plus 8 Hill Repeats	11	12 OPTION 10K Float Run
13 18K Long Run	14	15 Pyramid 1,2,3,4,4,3,2,1 Same Hard as EZ	16 OPTION 30 Minute Recovery Run	17 The REID 3K + 40 Minutes of Rolling Hills	18	19 TEMPO 8K Tempo Run
20 Family 16K Special Vertical	21	22 BUILD 9K Build by 3K EZ, Med, Hard	23	24 PYLONS 2K Plus 3 Sets+	25 EASY 6K Easy Run	26 JOG+ 3K Jog with 4 Accelerations
27 18K Long Run	28 EASY 6K Easy Run					
						

2022 Brooklyn - HALF MARATHON

March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 45Min Test <i>Run as far as you can in 45 Min</i>	2 OPTION 30 Minute Recovery Run	3 BUILD 9K Build by 3K EZ, Med, Hard	4	5 OPTION 6K Easy Run
6 20K Long Run	7	8 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9 FLOAT 12K Medium Long Run	10 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	11	12 TEMPO 8K Tempo Run
13 22K Long Run	14	15 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ	16 OPTION 11K Medium Long Run	17 The REID 3K + 40 Minutes of Rolling Hills	18	19 TEMPO 8K Tempo Run
20 16K Special Speed	21	22 Pyramid 1,2,3,4,4,3,2,1 Same Hard as EZ	23 FLOAT 11K Medium Long Run	24 TRACK 2x4x400m@5KRP 1min b/w 400's	25	26 JOG+ 3K Jog with 5 Accelerations
27 20K Long Run	28	29 TRACK 3x1mile @ Faster than RP	30 OPTION 11K Medium Long Run	31 BUILD 9K Build by 3K EZ, Med, Hard		
						

2022 Brooklyn - HALF MARATHON

April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 8K Tempo Run
3 24K Long Run	4	5 STEADY 7K Steady Run	6	7 RP RUN 7K Run @ Race Pace	8	9 RP RUN 4-5K Race Pace Run
10 12K Long Run	11	12 RP RUN 5K Run @ Race Pace	13	14 JOG+ 6K Jog with 5 Accelerations	15	16 EASY 8K Easy Run
17 Easter 8K Long Run	18	19 EASY 6K Super Easy Run	20	21 EASY 4-5K Super Easy Run	22	23 JOG+ 3K Jog with 5 Accelerations
24 RACE DAY!	25	26	27	28	29	30
						