


## 2022 Brooklyn - FULL MARATHON

# December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 EASY 40 Minute Easy Run	3	4
5 <b>10K Long Run</b>	6	7 EASY 7K Easy Run	8	9 STEADY 8K Steady - Feeling Good!	10	11 EASY 45 Minute Easy Run
12 <b>10K Long Run</b>	13	14 EASY 8K Easy Run	15	16 STEADY 9K Steady - Feeling Good!	17 EASY 40 Minute Easy Run	18
19 <b>12K Long Run</b>	20	21 BUILD 9K Build by 3K EZ, Med, Hard	22 <b>OPTION</b> 8K Easy Run	23 STEADY 10K Steady - Feeling Good!	24	25
26 Boxing <b>14K Long Run</b>	27	28 The REID 3K + 45 Minutes of Rolling Hills	29	30 EASY 10K Easy Run	31 <b>NYE</b> <b>5K/10K</b>	
						


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# January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>OPTION</b> 10K Easy Run
2 <b>16K Long Run</b>	3	4 <b>BUILD</b> 9K Build by 3K EZ, Med, Hard	5 <b>EASY</b> 40 Minute Easy Run	6 <b>HILLS</b> 2K Plus 8 Hill Repeats	7	8 <b>OPTION</b> 8K Tempo Run
9 <b>18K Long Run</b>	10	11 <b>1 &amp; 1's</b> 2-3K wu Plus 20X 1 Min HD 1 Min EZ	12 <b>OPTION</b> 9K Recovery Run	13 <b>PYLONS</b> 2K Plus 3 Sets+	14	14 <b>TEMPO</b> 8K Tempo Run
16 <b>20K Long Run</b>	17	18 <b>BUILD</b> 9K Build by 3K EZ, Med, Hard	19	20 <b>HILLS</b> 2K Plus 10 Hill Repeats	21 <b>OPTION</b> 8K Easy Run	22 <b>FLOAT</b> 10K Float Run
23 <b>16K Special Vertical</b>	24	25 <b>Cutdown</b> 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	26	27 <b>The REID</b> 3K + 45 Minutes of Rolling Hills	28 <b>EASY</b> 9K Easy Run	29
30 <b>22K Long Run</b>	31					


## 2022 Brooklyn - FULL MARATHON

# February 2022

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

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## March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Hour Test <i>Run as far as you can in 1 Hour</i>	2 <b>OPTION</b> 30 Minute Recovery Run	3 BUILD 12K Build by 4K EZ, Med, Hard	4	5 <b>OPTION</b> 10K Easy Run
6 <b>30K Long Run</b>	7	8 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9 <b>OPTION</b> 12K Medium Long Run	10 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	11	12 TEMPO 10K Tempo Run
13 <b>32K Long Run</b>	14	15 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ	16 FLOAT 14K Medium Long Run	17 TRACK 2x6x400m@5KRP 1min b/w 400's	18	19 <b>OPTION</b> 10K Tempo Run
20 <b>16K Special Speed</b>	21	22 TRACK 6x800m @ 10KRP	23	24 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	25	26 JOG+ 4K Jog with 5 Accelerations
27 <b>35K Long Run</b>	28	29 TRACK 4x1mile @ Faster than RP	30 FLOAT 14K Medium Long Run	31 BUILD 12K Build by 4K EZ, Med, Hard		
						

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## April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>TEMPO</b> 8K Tempo Run
3 <b>38K Long Run</b>	4	5 <b>STEADY</b> 8K Steady Run	6 <b>OPTION</b> 14K Medium Long Run	7 <b>RP RUN</b> 9K Run @ Race Pace	8	9 <b>RP RUN</b> 4-5K Race Pace Run
10 <b>18K Long Run</b>	11	12 <b>RP RUN</b> 5K Run @ Race Pace	13 <b>OPTION</b> 10K Easy Run	14 <b>JOG+</b> 6K Jog with 5 Accelerations	15 <b>FLOAT</b> 8K Float Run	16
17 <b>Easter</b> <b>12K Long Run</b>	18	19 <b>EASY</b> 7K Super Easy Run	20	21 <b>EASY</b> 4-5K Super Easy Run	22	23 <b>JOG+</b> 3K Jog with 5 Accelerations
24 <b>RACE DAY!</b>	25	26	27	28	29	30
						