


2022 Niagara - HALF MARATHON

December 2021

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


2022 Niagara - HALF MARATHON

January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OPTION 6K Easy Run
2 10K Long Run	3	4 BUILD 9K Build by 3K EZ, Med, Hard	5 EASY 40 Minute Easy Run	6 HILLS 2K Plus 7 Hill Repeats	7	8 OPTION 6K Tempo Run
9 12K Long Run	10	11 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	12 OPTION 6K Recovery Run	13 PYLONS 2K Plus 2 Sets+	14	14 TEMPO 6K Tempo Run
16 14K Long Run	17	18 BUILD 9K Build by 3K EZ, Med, Hard	19	20 HILLS 2K Plus 7 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 Niagara - HALF MARATHON

February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 45Min Test <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 8K Steady Run
6 15K Long Run	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 6K 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 5K Easy Run	26 JOG+ 3K Jog with 4 Accelerations
27 18K Long Run	28 EASY 5K Easy Run					
						


2022 Niagara - 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 9K Easy Run
6 16K Long Run	7	8 Cutdown 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9 OPTION 10K Medium Long Run	10 PYLONS 2K Plus 3 Sets+	11	12 TEMPO 8K Tempo Run
13 18K Long Run	14	15 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	16 FLOAT 12K Medium Long Run	17 The REID 3K + 40 Minutes of Rolling Hills	18	19 OPTION 8K Tempo Run
20 16K Special Speed	21	22 Pyramid 1,2,3,4,4,3,2,1 Same Hard as EZ	23	24 FARTLEKS 8K of Team Fartleks	25	26 JOG+ 3K Jog with 5 Accelerations
27 20K Long Run	28 EASY 5K Easy Run	29 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	30 OPTION 10K Medium Long Run	31 BUILD 9K Build by 3K EZ, Med, Hard		
						


2022 Niagara - HALF MARATHON

April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 8K Tempo Run
3 15K Long Run <u>@Progression</u>	4	5 45Min Test <i>Run as far as you can in 45 Min</i>	6 FLOAT 12K Medium Long Run	7 FARTLEKS 8K of Team Fartleks	8	9 OPTION 8K Easy Run
10 20K Long Run	11	12 In & Out's 6K Run + 10 Laps of In & Out's	13 OPTION 11K Medium Long Run	14 TRACK 4x400m @ 5KRP 1min b/w 400's	15	16 TEMPO 8K Tempo Run
17 Easter 16K Special Speed	18	19 The REID 3K + 40 Minutes of Rolling Hills	20	21 TRACK 2x4x400m@5KRP 1min b/w 400's	22	23 JOG+ 3K Jog with 5 Accelerations
24 22K Long Run	25	26 TRACK 4x800m @ 10KRP	27 FLOAT 11K Medium Long Run	28 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	29	30 TEMPO 8K Tempo Run
						

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May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 14K Long Run <i>Fast</i>	2	3 Recovery 8K Float Run	4 FLOAT 14K Medium Long Run	5 BUILD 9K Build by 3K EZ, Med, RP	6 OPTION 8K Tempo Run	7
8 22K Long Run	9	10 TRACK 4x800m @ 10KRP	11 OPTION 11K Medium Long Run	12 TEMPO 8K Tempo Run	13	14 EASY 7K Easy Run
15 16K Special Speed	16	17 TRACK 3x1mile @ Faster than RP	18 OPTION 8K Easy Run	19 The REID 3K + 40 Minutes of Rolling Hills	20 FLOAT 6K Float Run	21
22 Victoria 20K Long Run	23	24 TRACK 4x1mile @ Faster than RP	25	26 BUILD 12K Build by 4K EZ, Med, RP	27	28 TEMPO 8KTempo Run
29 24K Long Run	30	31 STEADY 7K Steady Run				
						

2022 Niagara - HALF MARATHON

June 2022

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