

2022 Belize HALF-MARATHON

June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 6K Long Run	6	7 EASY 30 Minute Easy Run	8	9 STEADY 6K Steady Run	10	11 EASY 40 Minute Easy Run
12 8K Long Run	13	14 BUILD 6K Run Build by 2K – EZ,Med,HD	15 EASY 5K Easy Run	16 SOCIAL <u>8K Social Run</u>	17	18
19 10K Long Run	20	21 1-2 Punch 2K+ 5X 1minHD 2minEZ 2minHD 1minEZ	22	23 HILLS 5 Hill Repeats	24 FLUSH 6K Easy Run to Flush out legs	25
26 12K Long Run	27	28 TRACK 9X400m. Slow.Med.Fast	29 FLOAT 6K Float On Run	30 PYLONS 2 Sets +		
						

2022 Belize HALF-MARATHON

July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 12K Special VERTICAL!	4	5 GoGoGo Run as far as you can - 1 hour	6	7 HILLS 7 Hill Repeats	8 FLUSH 5K Easy Run - Flush out legs	9
10 12K Long Run	11	12 CutDown 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	13	14 PYLONS 3 Sets	15	16 TEMPO 6K Tempo Run
17 2/3+1/3 12K Long Run Progression	18	19 The REID 3K + 40 Minutes of Rolling Hills	20	21 FARTLEKS 8K Of Fartleks	22 FLUSH 7K Easy Run - Flush out legs	23
24 14K Long Run	25	26 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	27	28 HILLS 9 Hill Repeats	29 FLOAT 9K Float On Run	30
31 12K Special FAST!						


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August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 GoGoGo Run as far as you can - 1 hour	3 FLUSH 6K Easy Run to Flush out legs	4 BUILD 8K Build by 2K 15s/k faster	5	6
7 16K Long Run	8	9 CutDown 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	10	11 PYLONS 3 Sets	12 FLOAT 6K Float On Run	13
14 2/3+1/3 12K Long Run Progression	15	16 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	17	18 HILLS 9 Hill Repeats	19 STEADY 8K Steady Run	20
21 CN Run 17K Long Run	22	23 TEMPO 7K Tempo Run	24 FLOAT 8K Float On Run	25 9K Of Fartleks	26	27
28 16K Special FAST!	29	30 The REID 3K + 40 Minutes of Rolling Hills	31			
						

2022 Belize HALF-MARATHON

September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 BUILD 8K Build by 2K 15s/k faster	2	3 TEMPO 8K Tempo Run
4 18K Long Run	5	6 GoGoGo Run as far as you can - 1 hour	7 FLUSH 6K Easy Run - flush out legs	8 PYLONS 3 Sets	9	10
11 2/3+1/3 20K Long Run Progression	12	13 CutDown 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	14	15 TEMPO 8K Tempo Run	16 FLUSH 7K Easy Run - Flush out legs	17
18 22K Long Run	19	20 TRACK 1200m, 800m x2, 400m x2, 200m x4	21 FLOAT 9K Float On Run	22 HILLS 8 Hill Repeats	23	24
25 16K Special FAST!	26	27 The REID 3K + 40 Minutes of Rolling Hills	28	29 BUILD 8K Build by 2K 15s/k faster	30	


2022 Belize HALF-MARATHON

October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 5K Run with 4 Accelerations
2 20K Long Run	3	4 GoGoGo Run as far as you can - 1 hour	5	6 PYLONS 3 Sets+	7	8 STEADY 10K Steady Run
9 14K Cutback Long Run	10	11 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	12	13 TEMPO 7K Tempo Run	14 FLUSH 6K Easy Run - Flush out legs	15
16 2/3+1/3 22K Long Run Progression	17	18 STEADY 7K Steady Run	19 FLOAT 9K Float On Run	20 The REID 3K + 40 Minutes of Rolling Hills	21	22
23 16K Special FAST!	24	25 BUILD 8K Build by 2K 15s/k faster	26	27 TEMPO 8K Tempo Run	28 FLOAT 8K Float On Run	29
30 14K Long Run	31					

2022 Belize HALF-MARATHON

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CutDown 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	2	3 FARTLEKS 8K Of Fartleks	4 FLUSH 6K Easy Run - Flush out legs	5
6 22K Long Run	7	8 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	9 FLOAT 9K Float On Run	10 The REID 2K + 40 Minutes of Rolling Hills	11	12
13 24K Long Run	14	15 RP Dial in 2K + 6x1K Repeats @ RP	16	17 BUILD 8K Build by 2K 15s/k faster	18	19 EASY 5K Run with 4 Accelerations
20 12K Long Run	21	22 RP BUILD 6K Run with 3K @ RP	23	24 RP RUN 7K Run with 6K @ RP	25 FLOAT 6K Float On Run	26
27 8K Long Run	28	29 EASY 6K Easy Run	30			
						

2022 Belize HALF-MARATHON

December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 EASY 5K Super Easy Run	2	3 EASY 3K with 5 Accelerations
4 Race Day!	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
						