

# 2022 Ellicottville HALF-MARATHON

## June 2022

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


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## July 2022

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

# 2022 Ellicottville HALF-MARATHON

## August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <b>GoGoGo</b> 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 <b>18K Long Run</b>	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 <b>20K Long Run Progression</b>	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 <b>18K Long Run</b>	22	23 TEMPO 7K Tempo Run	24 FLOAT 8K Float On Run	25 FARTLEKS 9K Of Fartleks	26	27
28 <b>16K Special FAST!</b>	29	30 The REID 3K + 40 Minutes of Rolling Hills	31			

# 2022 Ellicottville 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 20K Long Run	5	6 <b>GoGoGo</b> 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 16K 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 Ellicottville HALF-MARATHON

# October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 5K Run with 4 Accelerations
2 <b>24K Long Run</b>	3	4 RP Dial in 2K + 6x1K Repeats @ RP	5 FLOAT 9K Float On Run	6 STEADY 8K Steady Run	7	8
9 <b>12K Long Run</b>	10	11 RP BUILD 6K Run with <b>3K @ RP</b>	12	13 RP RUN 7K Run with <b>6K @ RP</b>	14 FLOAT 6K Float On Run	15
16 <b>8K Long Run</b>	17	18 EASY 6K Easy Run	19	20 EASY 5K Super Easy Run	21	22 EASY <b>3K with 5 Accelerations</b>
23 <b>Race Day!</b>	24	25	26	27	28	29
30	31					