

# 2022 Hamilton MARATHON

# June 2022

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


# 2022 Hamilton MARATHON

## July 2022

| SUNDAY  | MONDAY | TUESDAY   | WEDNESDAY                            | THURSDAY                      | FRIDAY                                       | SATURDAY  |
|---|--------|---|--------------------------------------|-------------------------------|--|---|
|   |        |   |                                      |                               | 1  | 2   |
| 3<br><b>12K Special VERTICAL!</b>             | 4      | 5 <b>GoGoGo</b><br>Run as far as you can - 1 hour                             | 6                                    | 7 HILLS<br>8 Hill Repeats     | 8 FLUSH<br>6K Easy Run -<br>Flush out legs   | 9 <b>OPTION</b><br>4 Long HILLS   |
| 10<br><b>16K Long Run</b>                     | 11     | 12 CutDown<br>2 x 5, 4, 3, 2, 1<br>1 Min EZ b/w Efforts,<br>3 Min EZ b/w Sets | 13 <b>OPTION</b><br>10K Float On Run | 14 PYLONS<br>3 Sets           | 15   | 16 TEMPO<br>6K Tempo Run  |
| 17 2/3+1/3<br><b>18K Long Run Progression</b> | 18     | 19 The REID<br>3K + 45 Minutes of Rolling Hills                               | 20                                   | 21 FARTLEKS<br>9K Of Fartleks | 22 FLUSH<br>10K Easy Run -<br>Flush out legs | 23  |
| 24<br><b>20K Long Run</b>                     | 25     | 26 H.I.I.T.<br>3K Plus 12x45sec<br>Hard, 2:15 EZ                              | 27 <b>OPTION</b><br>10K Float On Run | 28 HILLS<br>10 Hill Repeats   | 29 FLOAT<br>10K Float On Run                 | 30  |
| 31<br><b>16K Special FAST!</b>                |        |   |                                      |                               |  |  |

# 2022 Hamilton MARATHON

# August 2022

| SUNDAY  | MONDAY | TUESDAY   | WEDNESDAY                                       | THURSDAY  | FRIDAY                             | SATURDAY  |
|---|--------|---|---|---|------------------------------------|---|
|   | 1      | 2 <b>GoGoGo</b><br>Run as far as you can - 1 hour                                   | 3 <b>FLUSH</b><br>6K Easy Run to Flush out legs | 4 <b>BUILD</b><br>10K Build by 2K<br>15s/k faster | 5                                  | 6 <b>OPTION</b><br>5 Long HILLS   |
| 7<br><b>22K Long Run</b>                      | 8      | 9 <b>CutDown</b><br>2 x 5, 4, 3, 2, 1<br>1 Min EZ b/w Efforts,<br>3 Min EZ b/w Sets | 10  | 11 <b>PYLONS</b><br>4 Sets                        | 12 <b>FLOAT</b><br>8K Float On Run | 13  |
| 14 2/3+1/3<br><b>24K Long Run Progression</b> | 15     | 16 <b>H.I.I.T.</b><br>3K Plus 12x45sec<br>Hard, 2:15 EZ                             | 17 <b>OPTION</b><br>14K Float On Run            | 18 <b>HILLS</b><br>10 Hill Repeats                | 19 <b>STEADY</b><br>10K Steady Run | 20  |
| 21 CN Run<br><b>26K Long Run</b>              | 22     | 23 <b>TEMPO</b><br>10K Tempo Run  | 24 <b>FLOAT</b><br>10K Float On Run             | 25 <b>FARTLEKS</b><br>10K Of Fartleks             | 26                                 | 27  |
| 28<br><b>16K Special FAST!</b>                | 29     | 30 <b>The REID</b><br>3K + 45 Minutes of Rolling Hills                              | 31 <b>OPTION</b><br>12K Float On Run            |   |                                    |  |
|   |        |   |   |   |                                    |   |

# 2022 Hamilton MARATHON

## September 2022

| SUNDAY  | MONDAY | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--------|--|--|--|---|---|
|   |        |  |  | 1 <b>BUILD</b><br>10K Build by 2K<br>15s/k faster  | 2   | 3 <b>TEMPO</b><br>10K Tempo Run   |
| 4<br><b>28K Long Run</b>                          | 5      | 6 <b>GoGoGo</b><br>Run as far as you<br>can - 1 hour                                 | 7 <b>FLUSH</b><br>10K Easy Run -<br>flush out legs | 8 <b>PYLONS</b><br>4 Sets+                         | 9   | 10 <b>OPTION</b><br>10K Float On<br>Run   |
| 11 2/3+1/3<br><b>30K Long Run<br/>Progression</b> | 12     | 13 <b>CutDown</b><br>2 x 5, 4, 3, 2, 1<br>1 Min EZ b/w Efforts,<br>3 Min EZ b/w Sets | 14   | 15 <b>TEMPO</b><br>10K Tempo Run                   | 16 <b>FLUSH</b><br>10K Easy Run -<br>Flush out legs | 17  |
| 18<br><b>31K Long Run</b>                         | 19     | 20 <b>TRACK</b><br>1600m, 1200m, 800m<br>x2, 400m x2, 200m x4                        | 21 <b>FLOAT</b><br>12K Float On<br>Run             | 22 <b>HILLS</b><br>10 Hill Repeats                 | 23  | 24 <b>OPTION</b><br>8K Race Pace<br>Run   |
| 25<br><b>16K Special<br/>FAST!</b>                | 26     | 27 <b>The REID</b><br>3K + 45 Minutes of<br>Rolling Hills                            | 28 <b>OPTION</b><br>12K Float On<br>Run            | 29 <b>BUILD</b><br>10K Build by 2K<br>15s/k faster | 30  |  |
|   |        |  |  |  |   |   |

# 2022 Hamilton MARATHON

# October 2022

| SUNDAY                    | MONDAY | TUESDAY   | WEDNESDAY                                    | THURSDAY  | FRIDAY  | SATURDAY  |
|---------------------------|--------|---|--|---|---|---|
|                           |        |   |  |   |   | 1 <b>EASY</b><br>5K Run with 4 Accelerations  |
| 2<br><b>33K Long Run</b>  | 3      | 4 <b>TRACK</b><br>4x800m 4x400m<br>1x800m FASTEST       | 5 <b>OPTION</b><br>9K Flush out the legs Run | 6 <b>PYLONS</b><br>4 Sets+                        | 7   | 8 <b>STEADY</b><br>12K Steady Run   |
| 9<br><b>35K Long Run</b>  | 10     | 11 <b>H.I.I.T.</b><br>3K Plus 12x45sec<br>Hard, 2:15 EZ | 12   | 13 <b>TEMPO</b><br>10K Tempo Run                  | 14 <b>FLUSH</b><br>10K Easy Run -<br>Flush out legs | 15  |
| 16<br><b>38K Long Run</b> | 17     | 18 <b>RP Dial in</b><br>2K + 8x1K<br>Repeats @ RP       | 19 <b>OPTION</b><br>12K Medium Long Run      | 20 <b>STEADY</b><br>9K Steady Run                 | 21  | 22 <b>EASY</b><br>6K Run with 4 Accelerations   |
| 23<br><b>20K Long Run</b> | 24     | 25 <b>RP BUILD</b><br>6K Run<br>with <b>3K @ RP</b>     | 26   | 27 <b>RP RUN</b><br>7K Run<br>with <b>6K @ RP</b> | 28 <b>FLOAT</b><br>8K Float On Run                  | 29  |
| 30<br><b>12K Long Run</b> | 31     |   |  |   |   |  |

# 2022 Hamilton MARATHON

# November 2022

| SUNDAY                | MONDAY | TUESDAY               | WEDNESDAY | THURSDAY                       | FRIDAY | SATURDAY  |
|-----------------------|--------|-----------------------|-----------|--------------------------------|--------|---|
|                       |        | 1 EASY<br>8K Easy Run | 2         | 3 EASY<br>6K Super<br>Easy Run | 4      | 5 EASY<br>3K with 5<br>Accelerations  |
| 6<br><b>Race Day!</b> | 7      | 8                     | 9         | 10                             | 11     | 12  |
| 13                    | 14     | 15                    | 16        | 17                             | 18     | 19  |
| 20                    | 21     | 22                    | 23        | 24                             | 25     | 26  |
| 27                    | 28     | 29                    | 30        |                                |        |   |
|                       |        |                       |           |                                |        |  |