

2022 Honolulu MARATHON

June 2022

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


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

2022 Honolulu MARATHON

September 2022

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


2022 Honolulu MARATHON

October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 5K Run with 4 Accelerations
2 28K Long Run	3	4 GoGoGo Run as far as you can - 1 hour	5 OPTION 9K Flush out the legs Run	6 PYLONS 4 Sets+	7	8 STEADY 12K Steady Run
9 24K Cutback Long Run	10	11 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ	12	13 TEMPO 10K Tempo Run	14 FLUSH 10K Easy Run - Flush out legs	15
16 2/3+1/3 30K Long Run Progression	17	18 STEADY 8K Steady Run	19 FLOAT 12K Float On Run	20 The REID 3K + 45 Minutes of Rolling Hills	21	22
23 16K Special FAST!	24	25 BUILD 10K Build by 2K 15s/k faster	26 OPTION 14K Medium Long Run	27 TEMPO 8K Tempo Run	28 FLOAT 10K Float On Run	29
30 33K Long Run	31					

2022 Honolulu MARATHON

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CutDown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	2	3 FARTLEKS 10K Of Fartleks	4 FLUSH 10K Easy Run - Flush out legs	5
6 21K Long Run	7	8 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ	9 FLOAT 12K Float On Run	10 The REID 3K + 45 Minutes of Rolling Hills	11	12 OPTION 8K Tempo Run
13 35K Long Run	14	15 STEADY 8K Steady Run	16	17 BUILD 10K Build by 2K 15s/k faster	18 FLOAT 8K Float On Run	19
20 38K Long Run	21	22 RP Dial in 2K + 8x1K Repeats @ RP	23 OPTION 12K Medium Long Run	24 STEADY 9K Steady Run	25	26 EASY 6K Run with 4 Accelerations
27 20K Long Run	28	29 RP BUILD 6K Run with 3K @ RP	30			
						

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December 2022

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