

2022 Muskoka MARATHON

June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 12K Long Run	6	7 EASY 40 Minute Easy Run	8	9 STEADY 8K Steady Run	10	11 EASY 40 Minute Easy Run
12 14K 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 16K 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
26 19K Long Run	27	28 TRACK 15X400m. Slow.Med.Fast	29 FLOAT 6K Float On Run	30 PYLONS 2 Sets +		
						

2022 Muskoka MARATHON

July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 OPTION 40 Minute Tempo Run
3 16K 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 21K 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 24K 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 27K 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!						

2022 Muskoka MARATHON

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 OPTION 8K Tempo Run
7 29K 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 31K 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 33K 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 TRACK 1600m, 1200m, 800m x2, 400m x2, 200m x4	31 OPTION 12K Float On Run			

2022 Muskoka 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 35K 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 10K Float On Run
11 38K Long Run	12	13 TRACK 4x800m 4x400m 1x800m FASTEST	14	15 BUILD 10K Build by 2K 15s/k faster	16 FLUSH 8K Easy Run - Flush out legs	17
18 20K Long Run	19	20 RP BUILD 6K Run with 3K @ RP	21	22 RP RUN 7K Run with 6K @ RP	23 FLOAT 8K Float On Run	24
25 12K Long Run	26	27 EASY 8K Easy Run	28	29 EASY 6K Super Easy Run	30	

2022 Muskoka MARATHON

October 2022

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