

2022 New York City 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 12K 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 13K 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 4 Long HILLS |
| 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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2022 New York City 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 8 Hill Repeats | 8 FLUSH 6K Easy Run - Flush out legs | 9 OPTION 4 Long HILLS |
| 10 16K 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 18K Long Run Progression | 18 | 19 The REID 3K + 45 Minutes of Rolling Hills | 20 | 21 FARTLEKS 9K Of Fartelks | 22 FLUSH 10K Easy Run - Flush out legs | 23 |
| 24 20K 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 New York City 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 5 Long HILLS |
| 7 22K 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 24K 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 26K 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 New York City 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 28K 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 2/3+1/3 30K 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 31K 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 New York City MARATHON

October 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|--|---|---|---|
| | | | | | | 1 EASY 5K Run with 4 Accelerations |
| 2 33K Long Run | 3 | 4 TRACK 4x800m 4x400m 1x800m FASTEST | 5 OPTION 9K Flush out the legs Run | 6 PYLONS 4 Sets+ | 7 | 8 STEADY 12K Steady Run |
| 9 35K 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 38K Long Run | 17 | 18 RP Dial in 2K + 8x1K Repeats @ RP | 19 OPTION 12K Medium Long Run | 20 STEADY 9K Steady Run | 21 | 22 EASY 6K Run with 4 Accelerations |
| 23 20K Long Run | 24 | 25 RP BUILD 6K Run with 3K @ RP | 26 | 27 RP RUN 7K Run with 6K @ RP | 28 FLOAT 8K Float On Run | 29 |
| 30 12K Long Run | 31 | | | | |  |

2022 New York City MARATHON

November 2022

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