

2022 Niagara HALF-MARATHON

June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 8K Long Run	6	7 EASY 30 Minute Easy Run	8	9 STEADY 6K Steady Run	10	11 EASY 40 Minute Easy Run
12 10K Long Run	13	14 BUILD 6K Run Build by 2K – EZ,Med,HD	15 EASY 5K Easy Run	16 SOCIAL <u>8K Social Run</u>	17	18
19 12K Long Run	20	21 1-2 Punch 2K+ 5X 1minHD 2minEZ 2minHD 1minEZ	22	23 HILLS 5 Hill Repeats	24 FLUSH 6K Easy Run to Flush out legs	25
26 12K Long Run	27	28 TRACK 9X400m. 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 7 Hill Repeats	8 FLUSH 5K Easy Run - Flush out legs	9
10 14K Long Run	11	12 CutDown 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	13	14 PYLONS 3 Sets	15	16 TEMPO 6K Tempo Run
17 2/3+1/3 14K Long Run Progression	18	19 The REID 3K + 40 Minutes of Rolling Hills	20	21 FARTLEKS 8K Of Fartleks	22 FLUSH 7K Easy Run - Flush out legs	23
24 16K Long Run	25	26 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	27	28 HILLS 9 Hill Repeats	29 FLOAT 9K Float On Run	30
31 12K 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 8K Build by 2K 15s/k faster	5	6
7 18K Long Run	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 20K Long Run Progression	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 18K Long Run	22	23 TEMPO 7K Tempo Run	24 FLOAT 8K Float On Run	25 FARTLEKS 9K Of Fartleks	26	27
28 16K Special FAST!	29	30 The REID 3K + 40 Minutes of Rolling Hills	31			

2022 Niagara 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 GoGoGo 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 Niagara HALF-MARATHON

October 2022

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