


# 2023 Honolulu MARATHON

## December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 EASY 30-45 Minute Easy Run	2	3
4 <b>14K LONG RUN</b>	5	6 EASY 8K Easy Run	7	8 STEADY 7-9K Steady Run	9	10 TEMPO 6K Tempo Run
11 <b>16K LONG RUN</b>	12	13 EASY 10K Easy Run	14 <b>OPTION</b> 9K Build by 3K slow,med,fast	15 <b>GO!!</b> 8K Run while Chatting	16 EASY 45 Minute Easy Run	17
18 <b>18K LONG RUN</b>	19	20 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	21	22 STEADY 10K Steady Run	23 <b>OPTION</b> 4K Easy 4K@ Tempo	24 EASY 45 Minute Easy Run
25	26 <b>20K LONG RUN</b>	27 BUILD 3K EZ, 4K Med, 3K Strong	28	29 HILLS 2K Plus 8 Hill Repeats	30	31 7-10K Last Run of 2022. Make it quick.
						


# 2023 Honolulu MARATHON

## January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>16K SPECIAL RUN</b>	2 (OR HERE for 16K Special)	3 <b>FLUSH</b> 8K Flush out the Holidays Run	4 <b>TEMPO</b> 2K Easy 6K@ Tempo	5 <b>HILLS</b> 2K Plus 8 Hill Repeats	6	7 <b>OPTION</b> 10K Easy Run
8 <b>22K LONG RUN</b>	9	10 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	11 <b>OPTION</b> 9K Tempo Run	12 <b>PYLONS</b> 2K Plus 3 Sets	13 <b>FLOAT</b> 10K Easy Run	14
15 <b>22K LONG RUN</b>	16	17 <b>TEMPO</b> 9K Tempo Run	18 <b>OPTION</b> 12K Float Run	19 <b>HILLS</b> 2K Plus 10 Hill Repeats	20	21 <b>FLOAT</b> 10K Easy Run
22 <b>24K LONG RUN @Progression</b>	23	24 <b>CutDown</b> 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	25 <b>FLOAT</b> 1 Hour Float Run	26 <b>The REID</b> 3K + 45 Minutes of Rolling Hills	27 <b>OPTION</b> 10K Easy Run	28
29 <b>16K SPECIAL RUN</b>	30	31 <b>TEMPO</b> 10K Tempo Run				
						


# 2023 Honolulu MARATHON

## February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>OPTION</b> 10K Easy Run	2 FARTLEKS 2K+ 7K of Fartlek Running	3 EASY 10K Easy Run	4
5 <b>26K LONG RUN</b>	6	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8 FLOAT 12K Float Run	9 TEMPO 10K Tempo Run	10	11 <b>OPTION</b> 10K Hilly Run
12 <b>28K LONG RUN</b> @Progression	13	14 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	15 <b>OPTION</b> 9K Build by 3K slow,med,fast	16 HILLS 2K Plus 10 Hill Repeats	17 FLOAT 12K Float Run	18
19 <b>30K LONG RUN</b>	20	21 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	22 FLOAT 10K Float Run	23 PYLONS 2K Plus 4 Sets	24	25 <b>OPTION</b> 12K Easy Run
26 <b>16K SPECIAL RUN</b>	27	28 TEMPO 10K Tempo Run				

# 2023 Honolulu MARATHON

## March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>OPTION</b> 9K Build by 3K slow,med,fast	2 <b>HILLS</b> 2K Plus 10 Hill Repeats	3	4 <b>EASY</b> 10K Easy Run
5 <b>21K LONG RUN</b> @Progression	6	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8 <b>OPTION</b> 10K Easy Run	9 <b>PYLONS</b> 2K Plus 4 Sets+	10	11 <b>FLOAT</b> 12K Float Run
12 <b>30K LONG RUN</b>	13	14 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ	15	16 <b>TRACK</b> 5x400m 3x800m 1x400m	17 <b>FLOAT</b> 14K Medium Long Run	18
19 <b>34K LONG RUN</b>	20	21 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	22 <b>OPTION</b> 12K Easy Run	23 <b>TRACK</b> 3x400m 5x800m 1x400m	24	25 <b>BUILD</b> 3K Easy, 4K Medium, 3K Strong
26 <b>38K LONG RUN</b>	27	28 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ	29	30 <b>TRACK</b> 4x400m 3x1600m	31 <b>OPTION</b> 9K Float Run	

# 2023 Honolulu MARATHON

## April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>FLOAT</b> 12K Float Run
2 <b>20K LONG RUN</b>	3	4 <b>RP RUN</b> 7x1K @ RP Dial it in!	5 <b>OPTION</b> 9K Float Run	6 <b>JOG+</b> 6K Jog with 5 Accelerations	7 <b>EASY</b> 6K Easy Run	8
9 <b>12K LONG RUN</b>	10	11 <b>EASY</b> 7-8K Easy Run	12	13 <b>EASY</b> 6K Super Easy Run	14	15 <b>JOG+</b> 3K Jog with 5 Accelerations
16 <b>RACE DAY!</b>	17	18	19	20	21	22
23	24	25	26	27	28	29
30						