



2023 London MARATHON

December 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|-----------------------|---|-----------|--|--|---|
| | | | | 1 EASY 30-45 Minute Easy Run | 2 | 3 |
| 4 12K LONG RUN | 5 | 6 EASY 6K Easy Run | 7 | 8 EASY 7-9K Easy Run | 9 | 10 EASY 5-6K Easy Run |
| 11 14K LONG RUN | 12 | 13 EASY 8K Easy Run | 14 | 15 GO!! 8K Run while Chatting | 16 EASY 45 Minute Easy Run | 17 |
| 18 14K LONG RUN | 19 | 20 STEADY 8K Steady Run | 21 | 22 EASY 9K Easy Run | 23 OPTION 5K Easy 3K@ Tempo | 24 EASY 35 Minute Easy Run |
| 25 | 26 16K LONG RUN | 27 BUILD 3K EZ, 3K Med, 2K Strong | 28 | 29 TEMPO 5K Easy 3K@ Tempo | 30 | 31 7-10K Last Run of 2022. Make it quick. |
| | | | | | |  |


2023 London MARATHON

January 2023

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


2023 London MARATHON

February 2023

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


2023 London MARATHON

March 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---|--|---|---|---|
| | | | 1 OPTION 9K Build by 3K slow,med,fast | 2 HILLS 2K Plus 10 Hill Repeats | 3 | 4 EASY 10K Easy Run |
| 5 28K LONG RUN | 6 | 7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ | 8 OPTION 10K Easy Run | 9 PYLONS 2K Plus 4 Sets+ | 10 | 11 FLOAT 12K Float Run |
| 12 30K LONG RUN | 13 | 14 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ | 15 | 16 The REID 3K + 45 Minutes of Rolling Hills | 17 FLOAT 14K Medium Long Run | 18 |
| 19 21K LONG RUN @Progression | 20 | 21 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets | 22 OPTION 12K Easy Run | 23 TRACK 5x400m 3x800m 1x400m | 24 | 25 BUILD 3K Easy, 4K Medium, 3K Strong |
| 26 34K LONG RUN | 27 | 28 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ | 29 RP RUN 10K Build up to and hold RP | 30 TRACK 3x400m 5x800m 1x400m | 31 OPTION 9K Float Run |  |
| | | | | | | |

2023 London MARATHON

April 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------|--------|--|----------------------------------|---|------------------------|---|
| | | | | | | 1 AFD 2x42.2K Or Not. |
| 2 38K LONG RUN | 3 | 4 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ | 5 | 6 TRACK 4x400m 3x1600m | 7 | 8 FLOAT 12K Float Run |
| 9 20K LONG RUN | 10 | 11 RP RUN 7x1K @ RP Dial it in! | 12 OPTION 9K Float Run | 13 JOG+ 6K Jog with 5 Accelerations | 14 EASY 6K Easy Run | 15 |
| 16 12K LONG RUN | 17 | 18 EASY 7-8K Easy Run | 19 | 20 EASY 6K Super Easy Run | 21 | 22 JOG+ 3K Jog with 5 Accelerations |
| 23 RACE DAY! | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | |  |