


2023 NYC HALF MARATHON

December 2022

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


2023 NYC HALF MARATHON

January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12K SPECIAL RUN	2 (OR HERE for 12K Special)	3 FLUSH 5K Flush out the Holidays Run	4 TEMPO 3K Easy 4K@ Tempo	5 HILLS 2K Plus 8 Hill Repeats	6	7
8 16K LONG RUN	9	10 1-2 Punch 4x 1minHD 2minEZ 2minHD 1minEZ	11	12 PYLONS 2K Plus 3 Sets	13 FLOAT 8K Easy Run	14
15 18K LONG RUN	16	17 TEMPO 3K Easy 5K@ Tempo	18	19 HILLS 2K Plus 8 Hill Repeats	20	21 FLOAT 8K Easy Run
22 18K LONG RUN	23	24 CutDown 2 x 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 + 35 Minutes of Rolling Hills	27	28
29 16K SPECIAL RUN	30	31 TEMPO 7K Tempo Run				
						

2023 NYC HALF MARATHON

February 2023

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

2023 NYC HALF MARATHON

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 BUILD 9K Build by 3K slow,med,fast	3 FLOAT 9K Float Run	4
5 12K LONG RUN	6	7 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	8 EASY 35 Minute Easy Run	9 FLOAT 9K Float Run	10	11
12 8K LONG RUN	13	14 EASY 6K Easy Run	15	16 EASY 5K Super Easy Run	17	18 JOG+ 3K Jog with 5 Accelerations
19 RACE DAY!	20	21	22	23	24	25
26	27	28	29	30	31	1
						