


# 2023 WORLD MASTERS HALF MARATHON

## December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 EASY 30-45 Minute Easy Run	2	3
4 8K LONG RUN	5	6 EASY 6K Easy Run	7	8 EASY 5K Easy Run	9	10 EASY 5K Easy Run
11 10K LONG RUN	12	13 EASY 6K Easy Run	14	15 <b>GO!!</b> 8K Run while Chatting	16 EASY 45 Minute Easy Run	17
18 12K LONG RUN	19	20 STEADY 8K 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 WORLD MASTERS HALF MARATHON

## January 2023

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

# 2023 WORLD MASTERS HALF MARATHON

## February 2023

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

# 2023 WORLD MASTERS HALF MARATHON

## March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 2K Plus 10 Hill Repeats	3	4 EASY 7K Easy Run
5 21K LONG RUN	6	7 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	8	9 PYLONS 2K Plus 4 Sets	10	11 FLOAT 8K Float Run
12 24K LONG RUN	13	14 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	15	16 BUILD 9K Build by 3K slow,med,fast	17 FLOAT 12K Medium Long Run	18
19 12K LONG RUN	20	21 TEMPO 10K Tempo Run	22	23 FLOAT 9K Float Run	24	25 EASY 7K Easy Run
26 8K LONG RUN	27	28 EASY 6K Easy Run	29	30 EASY 5K Super Easy Run	31	1 <b>RACE DAY!</b>
						