



2023 Tokyo MARATHON

December 2022

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


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January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K SPECIAL RUN	2 (OR HERE for 16K Special)	3 FLUSH 10K Flush out the Holidays Run	4 TEMPO 2K Easy 6K@ Tempo	5 HILLS 2K Plus 8 Hill Repeats	6	7 OPTION 10K Easy Run
8 26K LONG RUN	9	10 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	11 OPTION 9K Tempo Run	12 PYLONS 2K Plus 3 Sets	13 FLOAT 10K Easy Run	14
15 28K LONG RUN	16	17 TEMPO 10K Tempo Run	18 OPTION 12K Float Run	19 3,4,5 Kick 2K+2x3,3,4,4,5,5 Min HD then EZ	20	21 FLOAT 12K Easy Run
22 30K LONG RUN	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 10K Easy Run	28
29 16K SPECIAL RUN	30	31 TEMPO 10K Tempo Run				
						

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February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 OPTION 10K Easy Run	2 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ	3 FLOAT 14K Float Run	4
5 33K LONG RUN	6	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8 FLOAT 12K Float Run	9 TEMPO 10K Tempo Run	10	11 OPTION 10K Hilly Run
12 36K LONG RUN	13	14 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ	15 OPTION 9K Build by 3K slow,med,fast	16 FARTLEKS 2K+ 8K of Fartlek Running	17 FLOAT 12K Float Run	18
19 20K LONG RUN	20	21 RP RUN 7x1K @ RP Dial it in!	22 OPTION 9K Float Run	23 JOG+ 6K Jog with 5 Accelerations	24 EASY 6K Easy Run	25
26 12K LONG RUN	27	28 EASY 7-8K Easy Run				
						

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March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 EASY 6K Super Easy Run	3	4 JOG+ 3K Jog with 5 Accelerations
5 RACE DAY!	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	