



# 2023 SD Brookings MARATHON

## December 2022

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


# 2023 SD Brookings MARATHON

## January 2023

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


# 2023 SD Brookings MARATHON

## February 2023

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


# 2023 SD Brookings MARATHON

## March 2023

| SUNDAY                           | MONDAY | TUESDAY                                                                               | WEDNESDAY                                          | THURSDAY                                                  | FRIDAY                                              | SATURDAY                                                                              |
|----------------------------------|--------|---------------------------------------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------------------------------|
|                                  |        |                                                                                       | 1 <b>OPTION</b><br>9K Build by 3K<br>slow,med,fast | 2 <b>HILLS</b><br>2K Plus<br>10 Hill Repeats              | 3                                                   | 4 <b>EASY</b><br>10K Easy Run                                                         |
| 5<br><b>26K LONG RUN</b>         | 6      | 7 <b>1-2 Punch</b><br>6x 1minHD 2minEZ<br>2minHD 1minEZ                               | 8 <b>OPTION</b><br>10K Easy Run                    | 9 <b>PYLONS</b><br>2K Plus<br>4 Sets+                     | 10                                                  | 11 <b>FLOAT</b><br>12K Float Run                                                      |
| 12<br><b>28K LONG RUN</b>        | 13     | 14 <b>HOUR Run</b><br>Run as far as you<br>can in 60 Minutes                          | 15                                                 | 16 <b>The REID</b><br>3K + 45 Minutes<br>of Rolling Hills | 17 <b>FLOAT</b><br>14K Medium<br>Long Run           | 18                                                                                    |
| 19<br><b>30K LONG RUN</b>        | 20     | 21 <b>Cut Down</b><br>2 x 5, 4, 3, 2, 1<br>1 Min EZ b/w Efforts,<br>3 Min EZ b/w Sets | 22 <b>OPTION</b><br>12K Easy Run                   | 23 <b>TEMPO</b><br>10K Tempo Run                          | 24                                                  | 25 <b>BUILD</b><br>3K Easy,<br>4K Medium,<br>3K Strong                                |
| 26<br><b>16K SPECIAL<br/>RUN</b> | 27     | 28 <b>3,4,5 KICK</b><br>2K+2x3,3,4,4,5,5<br>Min HD then EZ                            | 29 <b>RP RUN</b><br>10K Build up to<br>and hold RP | 30 <b>FARTLEKS</b><br>2K warm up plus<br>8K of Fartleks   | 31 <b>OPTION</b><br>9K Build by 3K<br>slow,med,fast |  |
|                                  |        |                                                                                       |                                                    |                                                           |                                                     |                                                                                       |

# 2023 SD Brookings MARATHON

## April 2023

| SUNDAY                                   | MONDAY | TUESDAY                                                     | WEDNESDAY                               | THURSDAY                            | FRIDAY                          | SATURDAY                                                                              |
|------------------------------------------|--------|-------------------------------------------------------------|-----------------------------------------|-------------------------------------|---------------------------------|---------------------------------------------------------------------------------------|
|                                          |        |                                                             |                                         |                                     |                                 | 1 AFD<br>2x42.2K<br>Or Not.                                                           |
| 2<br><b>32K LONG RUN</b><br>@Progression | 3      | 4 <b>HOUR</b> Run<br>Run as far as you<br>can in 60 Minutes | 5 FLUSH<br>5K Flush out<br>the legs run | 6 TRACK<br>5x400m 3x800m<br>1x400m  | 7                               | 8 <b>OPTION</b><br>12K Easy Run                                                       |
| 9<br><b>21K LONG RUN</b><br>QUICKLY      | 10     | 11 RP RUN<br>10K Build up to<br>and hold RP                 | 12 FLOAT<br>15K Float Run               | 13 TRACK<br>3x400m 5x800m<br>1x400m | 14 <b>OPTION</b><br>8K Easy Run | 15                                                                                    |
| 16<br><b>34K LONG RUN</b>                | 17     | 18 3,4,5 KICK<br>2K+2x3,3,4,4,5,5<br>Min HD then EZ         | 19                                      | 20 TRACK<br>4x400m<br>3x1600m       | 21 FLOAT<br>12K Float Run       | 22                                                                                    |
| 23<br><b>38K LONG RUN</b>                | 24     | 25 FLUSH<br>10K Flush out the<br>legs Run                   | 26 <b>OPTION</b><br>9K Float Run        | 27 TRACK<br>5x1600m<br>Consistent   | 28 EASY<br>8K Easy Run          | 29                                                                                    |
| 30<br><b>20K LONG RUN</b>                |        |                                                             |                                         |                                     |                                 |  |

# 2023 SD Brookings MARATHON

## May 2023

| SUNDAY                   | MONDAY | TUESDAY                                     | WEDNESDAY                              | THURSDAY                                        | FRIDAY                                           | SATURDAY                                                                              |
|--------------------------|--------|---------------------------------------------|----------------------------------------|-------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------------------|
|                          | 1      | 2 <b>RP RUN</b><br>7x1K @ RP<br>Dial it in! | 3                                      | 4 <b>JOG+</b><br>6K Jog with 5<br>Accelerations | 5 <b>EASY</b><br>6K Easy Run                     | 6                                                                                     |
| 7<br><b>12K Long Run</b> | 8      | 9 <b>EASY</b><br>7-8K Easy Run              | 10 <b>EASY</b><br>6K Super<br>Easy Run | 11                                              | 12 <b>JOG+</b><br>3K Jog with 5<br>Accelerations | 13<br><b>RACE DAY!</b>                                                                |
| 14                       | 15     | 16                                          | 17                                     | 18                                              | 19                                               | 20                                                                                    |
| 21                       | 22     | 23                                          | 24                                     | 25                                              | 26                                               | 27                                                                                    |
| 28                       | 29     | 30                                          | 31                                     |                                                 |                                                  |                                                                                       |
|                          |        |                                             |                                        |                                                 |                                                  |  |
|                          |        |                                             |                                        |                                                 |                                                  |                                                                                       |