

2023 Hamilton HALF-MARATHON

June 2023

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

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July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 12K SPECIAL RUN	3	4 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	5	6 TRILLS 2K Plus 6 Hill Repeats	7 FLOAT 7K Float Run	8
9 14K LONG RUN	10	11 TEMPO 4K Easy 3K@ Tempo	12	13 PYLONS 2K Plus 3 Sets	14	15 FLOAT 8K Float Run
16 12K LONG RUN	17	18 CutDown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	19 FLOAT 1 Hour Float Run	20 The REID 3K + 35 Minutes of Rolling Hills	21	22
23 16K LONG RUN	24	25 TEMPO 4K Easy 4K@ Tempo	26	27 PYLONS 2K Plus 3 Sets	28	29 BUILD 3K Easy, 3K Medium, 2K Strong
30 16K SPECIAL RUN	31					

2023 Hamilton HALF-MARATHON

August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HOUR Run Run as far as you can in 60 Minutes	2	3 FARTLEKS 2K+ 5K of Fartlek Running	4 EASY 8K Easy Run	5
6 16K LONG RUN @Progression	7	8 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	9 FLOAT 8K Float Run	10 The REID 3K + 35 Minutes of Rolling Hills	11	12
13 18K LONG RUN	14	15 H.I.I.T. 3K Plus 8x45sec Hard, 2:15 EZ	16	17 TRILLS 2K Plus 8 Hill Repeats	18 FLOAT 8K Float Run	19
20 CN RUN 20K LONG RUN	21	22 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	23	24 PYLONS 2K Plus 3 Sets+	25	26 BUILD 3K Easy, 3K Medium, 3K Strong
27 16K SPECIAL RUN	28	29 TEMPO 8K Tempo Run	30	31 TRILLS 2K Plus 9 Hill Repeats		

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September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 EASY 7K Easy Run
3 18K LONG RUN	4	5 HOUR Run Run as far as you can in 60 Minutes	6	7 PYLONS 2K Plus 3 Sets+	8	9 FLOAT 8K Float Run
10 20K LONG RUN	11	12 1-2 Punch 5x1 minHD 2minEZ 2minHD 1minEZ	13	14 TRACK Whistle Pyramids W Dr. Steve	15 FLOAT 8K Float Run	16
17 18K LONG RUN	18	19 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	20	21 TRACK 3x400m 2x800m 1x400m	22	23 BUILD 3K Easy, 3K Medium, 3K Strong
24 16K SPECIAL RUN	25	26 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ	27 RP RUN 3x2K building up to RP within the 2K ASAP	28 TRACK 2x400m 3x800m 1x400m	29	30
						

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October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 22K LONG RUN	2	3 HOUR Run Run as far as you can in 60 Minutes	4	5 TRACK 4x400m 2x1200m	6 FLOAT 9K Float Run	7
8 16K LONG RUN @Progression	9	10 H.I.I.T. 3K Plus 9x45sec Hard, 2:15 EZ	11 FLOAT 7K Float Run	12 TRACK 4x400m 3x1200m	13	14
15 24K LONG RUN	16	17 FLUSH 8K Flush out the legs run	18	19 BUILD 3K Easy, 3K Medium, 3K Strong	20	21 FLOAT 7K Float Run
22 14K LONG RUN	23	24 RP RUN 5x1K @ RP Dial it in!	25	26 JOG+ 5K Jog with 5 Accelerations	27 EASY 6K Easy Run	28
29 10K LONG RUN	30	31 EASY 6K Easy Run				
						

2023 Hamilton HALF-MARATHON

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 EASY 5K 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		