

2023 Montreal MARATHON

June 2023

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

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July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 16K SPECIAL RUN	3	4 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	5 OPTION 8K Easy Run	6 TRILLS 2K Plus 8 Hill Repeats	7 FLOAT 10K Float Run	8
9 24K LONG RUN	10	11 TEMPO 8K Tempo Run	12	13 PYLONS 2K Plus 3 Sets	14	15 FLOAT 11K Float Run
16 26K 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 + 45 Minutes of Rolling Hills	21 OPTION 9K Easy Run	22
23 28K LONG RUN	24	25 TEMPO 9K Tempo Run	26	27 PYLONS 2K Plus 3 Sets+	28	29 BUILD 3K Easy, 4K Medium, 3K Strong
30 16K SPECIAL RUN	31					

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August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HOUR Run Run as far as you can in 60 Minutes	2 OPTION 8K Easy Run	3 FARTLEKS 2K+ 8K of Fartlek Running	4 EASY 10K Easy Run	5
6 29K LONG RUN	7	8 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	9 FLOAT 11K Float Run	10 TRACK 6x400m 2x800m 1x400m	11	12 OPTION 10K Easy Run
13 32K LONG RUN	14	15 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ	16 OPTION 8K Easy Run	17 TRILLS 2K Plus 9 Hill Repeats	18 FLOAT 12K Float Run	19
20 CN RUN 35K 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 TRACK 4x400m 4x800m 2x400m	25	26 BUILD 3K Easy, 4K Medium, 3K Strong
27 16K SPECIAL RUN	28	29 TEMPO 10K Tempo Run	30 RP RUN 4x2K building up to RP within the 2K ASAP	31 TRACK 4x400m 3x1600m		

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September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 OPTION 6K Easy Run
3 37K LONG RUN	4	5 FLUSH 8-10K Flush out the legs run	6	7 TRACK Warmup + 4 or 5x1600m	8	9 TEMPO 8K Tempo Run
10 21K LONG RUN	11	12 RP RUN 7x1K @ RP Dial it in!	13	14 JOG+ 6K Jog with 5 Accelerations	15 EASY 8K Easy Run	16
17 12K LONG RUN	18	19 EASY 7K Easy Run	20	21 EASY 6K Super Easy Run	22	23 JOG+ 3K Jog with 5 Accelerations
24 RACE DAY!	25	26	27	28	29	30
						