

2023 New York City MARATHON

June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 12K LONG RUN	5	6 EASY 6K Easy Run	7	8 EASY 7-9K Easy Run	9	10 EASY 5-6K Easy Run
11 14K LONG RUN	12	13 EASY 8K Easy Run	14	15 GO!! 8K Run while Chatting	16 EASY 35 Minute Easy Run	17
18 14K LONG RUN	19	20 STEADY 8K Steady Run	21	22 FLOAT 8K Float Run	23 OPTION 5K Easy 3K Push	24 EASY 45 Minute Easy Run
25 16K LONG RUN	26	27 BUILD 3K EZ, 3K Med, 2K Strong	28 EASY 7K Easy Run	29 TEMPO 5K Easy 3K@ Tempo	30	
						

2023 New York City MARATHON

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 6K Easy Run	6 TRILLS 2K Plus 7-8 Hill Repeats	7 FLOAT 8K Float Run	8
9 18K LONG RUN	10	11 TEMPO 4K Easy 5K@ Tempo	12	13 PYLONS 2K Plus 3 Sets	14	15 FLOAT 10K Float Run
16 20K 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 22K LONG RUN	24	25 TEMPO 4K Easy 6K@ Tempo	26	27 PYLONS 2K Plus 3 Sets+	28	29 BUILD 3K Easy, 4K Medium, 3K Strong
30 16K SPECIAL RUN	31					

2023 New York City MARATHON

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+ 6K of Fartlek Running	4 EASY 10K Easy Run	5
6 24K LONG RUN	7	8 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	9 FLOAT 11K Float Run	10 The REID 3K + 45 Minutes of Rolling Hills	11	12 OPTION 10K Easy Run
13 24K LONG RUN @Progression	14	15 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	16	17 TRILLS 2K Plus 8-9 Hill Repeats	18 FLOAT 12K Float Run	19
20 CN RUN 26K 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 4 Sets	25	26 BUILD 3K Easy, 4K Medium, 3K Strong
27 16K SPECIAL RUN	28	29 TEMPO 10K Tempo Run	30 OPTION 11K Easy Run	31 TRILLS 2K Plus 10 Hill Repeats		

2023 New York City MARATHON

September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 EASY 10K Easy Run
3 28K LONG RUN	4	5 HOUR Run Run as far as you can in 60 Minutes	6 OPTION 9K Easy Run	7 PYLONS 2K Plus 4 Sets+	8	9 FLOAT 12K Float Run
10 30K LONG RUN	11	12 1-2 Punch 6x1 minHD 2minEZ 2minHD 1minEZ	13	14 TRACK Whistle Pyramids W Dr. Steve	15 FLOAT 14K Medium Long Run	16
17 32K 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 OPTION 9K Easy Run	21 TRACK 6x400m 2x800m 1x400m	22	23 BUILD 3K Easy, 4K 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 4x2K building up to RP within the 2K ASAP	28 TRACK 4x400m 4x800m 1x400m	29	30 OPTION 6K Easy Run
						

2023 New York City MARATHON

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 35K LONG RUN	2	3 HOUR Run Run as far as you can in 60 Minutes	4	5 TRACK 4x400m 3x1600m	6 FLOAT 11K Float Run	7
8 24K LONG RUN @Progression	9	10 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ	11 FLOAT 9K Float Run	12 TRACK 2x400m 4/5x1600m	13	14 OPTION 45 Minute EASY Run
15 37K LONG RUN	16	17 FLUSH 8-10K Flush out the legs run	18	19 BUILD 3K Easy, 4K Medium, 3K Strong	20	21 TEMPO 8K Tempo Run
22 21K LONG RUN	23	24 RP RUN 7x1K @ RP Dial it in!	25	26 JOG+ 6K Jog with 5 Accelerations	27 EASY 8K Easy Run	28
29 12K LONG RUN	30	31 EASY 7K Easy Run				
						

2023 New York City MARATHON

November 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		