

# 2023 Petit Train Du Nord MARATHON

June 2023

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


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## July 2023

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

# 2023 Petit Train Du Nord MARATHON

## August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>HOUR</b> Run Run as far as you can in 60 Minutes	2 <b>OPTION</b> 8K Easy Run	3 <b>FARTLEKS</b> 2K+ 8K of Fartlek Running	4 <b>EASY</b> 10K Easy Run	5
6 <b>28K LONG RUN</b>	7	8 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	9 <b>FLOAT</b> 11K Float Run	10 The REID 3K + 45 Minutes of Rolling Hills	11	12 <b>OPTION</b> 10K Easy Run
13 <b>30K LONG RUN</b>	14	15 <b>H.I.I.T.</b> 3K Plus 12x45sec Hard, 2:15 EZ	16	17 <b>TRILLS</b> 2K Plus 9 Hill Repeats	18 <b>FLOAT</b> 12K Float Run	19
20 <b>CN RUN</b> <b>32K LONG RUN</b>	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 <b>PYLONS</b> 2K Plus 4 Sets	25	26 <b>BUILD</b> 3K Easy, 4K Medium, 3K Strong
27 <b>16K SPECIAL RUN</b>	28	29 <b>TEMPO</b> 10K Tempo Run	30 <b>OPTION</b> 11K Easy Run	31 <b>TRACK</b> 6x400m 2x800m 1x400m		

# 2023 Petit Train Du Nord MARATHON

## September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 EASY 6K Easy Run
3 35K LONG RUN	4	5 1-2 Punch 6x1 minHD 2minEZ 2minHD 1minEZ	6 RP RUN 4x2K building up to RP within the 2K ASAP	7 TRACK 4x400m 3x1600m	8	9 <b>OPTION</b> 6K Easy Run
10 37K LONG RUN	11	12 FLUSH 8-10K Flush out the legs run	13	14 TRACK Whistle Pyramids W Dr. Steve	15	16 TEMPO 8K Tempo Run
17 21K LONG RUN	18	19 RP RUN 7x1K @ RP Dial it in!	20	21 JOG+ 6K Jog with 5 Accelerations	22 EASY 8K Easy Run	23
24 12K LONG RUN	25	26 EASY 7K Easy Run	27	28 EASY 6K Super Easy Run	29	30 JOG+ 3K Jog with 5 Accelerations
1st October <b>RACE DAY!</b>						