


2024 Chilly Half Marathon Schedule

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 8-10K Long Run	13	14 Let's GO! 6K Run – shake off the rust!	15	16 Let's GO! 6K Run – shake off the rust!	17	18 EASY 5K Easy Run
19 10-12K Long Run	20	21 Let's GO! 6K Run – shake off the rust!	22	23 BUILD 2K EZ, 3K Med, 2K Strong	24 EASY 6K Easy Run	25
26 12K Long Run	27	28 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	29	30 TEMPO 4K Easy, 4K Push the Pace		


2024 Chilly Half Marathon Schedule

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 6K Easy Run	2
3 14K Long Run	4	5 HOUR Run Run as far as you can in 60 Minutes	6	7 The REID 2K + 30 Minutes of Rolling Hills	8 EASY 6K Easy Run	9
10 14K Long Run	11	12 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	13	14 PYRAMID 1,2,3,4,3,2,1 Hard then EZ	15	16 EASY 5K Easy Run
17 16K Long Run	18	19 SPEEDUP 2x3KProgress from EZ to FAST	20	21 HILLS 2K Plus 6 Hill Repeats	22	23 TEMPO 6K Tempo Run
24 12K Special	25	26 FUN RUN 35 Minute Run – Gravy Burner	27	28 TEMPO 8K Tempo Run	29	30 EASY 5K Easy Run
31 16K Long Run						


2024 Chilly Half Marathon Schedule

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HOUR Run Run as far as you can in 60 Minutes	3	4 PYLONS 2K Plus 2.5 Sets	5 EASY 5K Easy Run	6
7 18K Long Run	8	9 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	10	11 HILLS 2K Plus 7 Hill Repeats	12	13 EASY 5K Easy Run
14 20K Long Run	15	16 BUILD 2K EZ, 3K Med, 3K Strong	17	18 PYLONS 2K Plus 3 Sets	19	20 TEMPO 6K Tempo Run
21 16K Special	22	23 SPEEDUP 2x4KProgress from EZ to FAST	24	25 HILLS 2K Plus 9 Hill Repeats	26	27 EASY 6K Easy Run
28 18K Long Run	29	30 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	31 EASY 6K Easy Run			

2024 Chilly Half Marathon Schedule

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PYLONS 2K Plus 4 Sets	2	3
4 22K Long Run	5	6 HOUR Run Run as far as you can in 60 Minutes	7	8 10-20-30 3K warmup 2x5Minutes	9	10 EASY 5K Easy Run
11 24K Long Run	12	13 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	14	15 The REID 3K + 35 Minutes of Rolling Hills	16	17 TEMPO 6K Tempo Run
18 14K Long Run	19	20 RacePace 5x1K @ Target Race Pace	21	22 10-20-30 3K warmup 2x6Minutes	23	24 EASY 5K Easy Run
25 10K Long Run	26	27 EASY 5K Run with 5 Accelerations	28	29 EASY 40 Minute Super Easy Run		

2024 Chilly Half Marathon Schedule

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 JOG+ 3K Jog with 5 Accelerations
3 RACE!	4	5	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
31						