

2024 Cornwall FULL Marathon Schedule

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 8-12K Long Run	13	14 Just Run 8K Easy Run	15	16 Just Run 8K Easy Run	17	18 EASY 6K Easy Run
19 10-12K Long Run	20	21 Just Run 8K Easy Run	22	23 Just Run 8K Easy Run	24 EASY 6K Easy Run	25
26 10-12K Long Run	27	28 Just Run 8-10K Easy Run	29	30 Just Run 8-10K Easy Run		


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December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 7K Easy Run	2
3 12K Long Run	4	5 Let's GO! 10K Run – get the legs back!	6	7 EASY 10K Easy Run	8 EASY 7K Easy Run	9
10 14K Long Run	11	12 Let's GO! 10K Run – get the legs back!	13	14 EASY 10K Easy Run	15	16 EASY 8K Easy Run
17 16K Long Run	18	19 Let's GO! 10K Run – get the legs back!	20	21 STEADY 8K Steady Run	22 EASY 7K Easy Run	23
24 16K Special	25	26 FUN RUN 45 Minute Run – Gravy Burner	27 BQ/PB 10K Run	28 TEMPO 4K Easy, 4K Push the Pace a bit	29	30 EASY 8K Easy Run
31 18K Long Run						

2024 Cornwall FULL 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 STEADY 10K Steady Run	5 EASY 8K Easy Run	6
7 20K Long Run	8	9 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	10 BQ/PB 10K Run	11 HILLS 2-3K Plus 8 Hill Repeats	12	13 EASY 9K Easy Run
14 22K Long Run	15	16 BUILD 3K EZ, 4K Med, 3K Strong	17	18 PYLONS 2-3K Plus 3 Sets	19	20 TEMPO 8-10K Tempo Run
21 16K Special	22	23 SPEEDUP 2x5KProgress from EZ to FAST	24 BQ/PB 12K Build by 4K EZ, Med, FAST!	25 HILLS 2-3K Plus 10 Hill Repeats	26	27 EASY 10K Easy Run
28 24K Long Run	29	30 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	31			


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February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PYLONS 2-3K Plus 4 Sets	2	3 TEMPO 10K Tempo Run
4 26K Long Run	5	6 HOUR Run Run as far as you can in 60 Minutes	7 BQ/PB 15K Build by 5K EZ, Med, FAST!	8 HILLS 2-3K Plus 12 Hill Repeats	9	10 EASY 8K Easy Run
11 28K Long Run	12	13 1-2 Punch 7x 1minHD 2minEZ 2minHD 1minEZ	14 EASY 8K Easy Run	15 PYLONS 2-3K Plus 4.5 Sets	16	17 TEMPO 10K Tempo Run
18 16K Special	19	20 SPEEDUP 2x5K Progress from EZ to FAST	21 BQ/PB 12-15K FLOAT Run	22 BUILD 3K EZ, 3K Med, 4K Strong	23	24 EASY 9K Easy Run
25 30K Long Run	26	27 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	28	29 The REID 3K + 45 Minutes of Rolling Hills		

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March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 9K Easy Run	2
3 20K Long Run	4	5 HOUR Run Run as far as you can in 60 Minutes	6 BQ/PB 15K Build by 5K EZ, Med, FAST!	7 PYRAMID 1,2,3,4,5.4,3,2,1 Hard then EZ	8	9 EASY 10K Easy Run
10 32K Long Run	11	12 1-2 Punch 7x 1minHD 2minEZ 2minHD 1minEZ	13	14 The REID 3K + 45 Minutes of Rolling Hills	15	16 TEMPO 10K Tempo Run
17 16K Special	18	19 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	20 BQ/PB 12-15K FLOAT Run	21 TRACK 4x400, 2x800 4x400	22	23 EASY 8K Easy Run
24 35K Long Run	25	26 SPEEDUP 2x5KProgress from EZ to FAST	27	28 TRACK 1x1600 4x400 2x800 1x1600	29 EASY 8K Easy Run	30 TEMPO 10K Tempo Run
31 24K Long Run						

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April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HOUR Run Run as far as you can in 60 Minutes	3	4 TRACK 2x5x400 BUILD by 400	5 EASY 9K Easy Run	6
7 38K Long Run	8	9 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	10 BQ/PB 10K Flush out the legs run	11 TRACK 4x400 4x1600	12 EASY 10K Easy Run	13
14 20K Long Run	15	16 RacePace 7x1K @ Target Race Pace	17	18 EASY 9K Easy Run	19	20 EASY 8K Easy Run
21 12K Long Run	22	23 EASY 6K Run with 5 Accelerations	24 EASY 40 Min Super Easy Run	25	26 JOG+ 3K Jog with 5 Accelerations	27 RACE!
28	29	30				