


2024 Louisiana FULL Marathon Schedule

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 18-22K Long Run	13	14 TEMPO 10K Tempo Run	15 BQ/PB 12-15K FLOAT Run	16 PYLONS 2-3K Plus 3 Sets	17	18 EASY 10K Easy Run
19 24K Long Run	20	21 SPEEDUP 2x5K Progress from EZ to FAST	22	23 HILLS 2-3K Plus 8 Hill Repeats	24	25 TEMPO 10K Tempo Run
26 18K Long Run	27	28 1-2 Punch 8x 1minHD 2minEZ 2minHD 1minEZ	29 BQ/PB 15K Build by 5K EZ, Med, FAST!	30 10-20-30 3K warmup 2x7Minutes		

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December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 12K Easy Run	2
3 28K Long Run	4	5 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	6	7 PYLONS 2-3K Plus 4 Sets	8 EASY 10K Easy Run	9
10 30K Long Run	11	12 1-2 Punch 9x 1minHD 2minEZ 2minHD 1minEZ	13 BQ/PB 15K Build by 5K EZ, Med, FAST!	14 PYRAMID 1,2,3,4,5,4,3,2,1 Hard then EZ	15	16 EASY 10K Easy Run
17 32K Long Run	18	19 SPEEDUP 2x5K Progress from EZ to FAST	20	21 HILLS 2K Plus 10 Hill Repeats	22 EASY 9K Easy Run	23
24 36K Long Run	25	26 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	27 BQ/PB 10K Flush out the legs run	28 10-20-30 3K warmup 2x8Minutes	29	30 TEMPO 10K Tempo Run
31 20K Long Run						

2024 Louisiana FULL Marathon Schedule

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	3	4 10-20-30 3K warmup 2x10Minutes	5 EASY 8K Easy Run	6
7 12K Long Run	8	9 EASY 6K Run with 5 Accelerations	10	11 EASY 40 Minute Super Easy Run	12	13 JOG+ 3K Jog with 5 Accelerations
14 RACE!	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			