


# 2024 Napa Valley FULL Marathon Schedule

## November 2023

| SUNDAY                    | MONDAY | TUESDAY  | WEDNESDAY                           | THURSDAY   | FRIDAY                        | SATURDAY  |
|---------------------------|--------|--|-------------------------------------|--|-------------------------------|---|
|                           |        |  | 1                                   | 2  | 3                             | 4   |
| 5                         | 6      | 7  | 8                                   | 9  | 10                            | 11  |
| 12<br><b>16K Long Run</b> | 13     | 14 <b>Let's GO!</b><br>10K Run – shake off the rust!     | 15                                  | 16 <b>Let's GO!</b><br>10K Run – shake off the rust! | 17                            | 18 <b>EASY</b><br>8K Easy Run   |
| 19<br><b>18K Long Run</b> | 20     | 21 <b>1-2 Punch</b><br>6x 1minHD 2minEZ<br>2minHD 1minEZ | 22                                  | 23 <b>BUILD</b><br>3K EZ, 3K Med,<br>4K Strong       | 24 <b>EASY</b><br>8K Easy Run | 25  |
| 26<br><b>18K Long Run</b> | 27     | 28 <b>SPEEDUP</b><br>2x5K Progress from EZ to FAST       | 29 <b>BQ/PB</b><br>10-12K FLOAT Run | 30 <b>TEMPO</b><br>4K Easy, 4K Push the Pace         |                               |  |
|                           |        |  |                                     |  |                               |   |

# 2024 Napa Valley FULL Marathon Schedule

## December 2023

| SUNDAY                    | MONDAY | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY                       | SATURDAY  |
|---------------------------|--------|---|--|--|------------------------------|---|
|                           |        |   |  |  | 1 <b>EASY</b><br>9K Easy Run | 2   |
| 3<br><b>20K Long Run</b>  | 4      | 5 <b>HOUR</b> Run<br>Run as far as you<br>can in 60 Minutes | 6  | 7 <b>The REID</b><br>3K + 45 Minutes<br>of Rolling Hills | 8 <b>EASY</b><br>9K Easy Run | 9   |
| 10<br><b>22K Long Run</b> | 11     | 12 <b>1-2 Punch</b><br>6x 1minHD 2minEZ<br>2minHD 1minEZ    | 13 <b>BQ/PB</b><br>12K FLOAT Run                     | 14 <b>PYRAMID</b><br>1,2,3,4,5.4,3,2,1<br>Hard then EZ   | 15                           | 16 <b>EASY</b><br>8K Easy Run   |
| 17<br><b>24K Long Run</b> | 18     | 19 <b>SPEEDUP</b><br>2x5KProgress from<br>EZ to FAST        | 20   | 21 <b>HILLS</b><br>2-3K Plus 7 Hill<br>Repeats           | 22                           | 23 <b>TEMPO</b><br>9K Tempo Run   |
| 24<br><b>16K Special</b>  | 25     | 26 <b>FUN RUN</b><br>45 Minute Run –<br>Gravy Burner        | 27 <b>BQ/PB</b><br>15K Build by 5K<br>EZ, Med, FAST! | 28 <b>TEMPO</b><br>10K Tempo Run                         | 29                           | 30 <b>EASY</b><br>8K Easy Run   |
| 31<br><b>26K Long Run</b> |        |   |  |  |                              |  |


# 2024 Napa Valley FULL Marathon Schedule

## January 2024

| SUNDAY                    | MONDAY | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY                       | SATURDAY  |
|---------------------------|--------|---|--|---|------------------------------|---|
|                           | 1      | 2 <b>HOUR</b> Run<br>Run as far as you can in 60 Minutes                              | 3  | 4 <b>PYLONS</b><br>2-3K Plus<br>3 Sets          | 5 <b>EASY</b><br>8K Easy Run | 6   |
| 7<br><b>28K Long Run</b>  | 8      | 9 <b>1-2 Punch</b><br>6x 1minHD 2minEZ<br>2minHD 1minEZ                               | 10 <b>BQ/PB</b><br>12-15K FLOAT<br>Run               | 11 <b>HILLS</b><br>2-3K Plus 8 Hill<br>Repeats  | 12                           | 13 <b>EASY</b><br>9K Easy Run   |
| 14<br><b>30K Long Run</b> | 15     | 16 <b>BUILD</b><br>3K EZ, 4K Med,<br>3K Strong  | 17   | 18 <b>PYLONS</b><br>2-3K Plus<br>4 Sets         | 19                           | 20 <b>TEMPO</b><br>10K Tempo Run  |
| 21<br><b>16K Special</b>  | 22     | 23 <b>SPEEDUP</b><br>2x5KProgress from<br>EZ to FAST                                  | 24 <b>BQ/PB</b><br>15K Build by 5K<br>EZ, Med, FAST! | 25 <b>HILLS</b><br>2-3K Plus 10 Hill<br>Repeats | 26                           | 27 <b>EASY</b><br>10K Easy Run  |
| 28<br><b>32K Long Run</b> | 29     | 30 <b>Cut Down</b><br>2 x 5, 4, 3, 2, 1<br>1 Min EZ b/w Efforts,<br>3 Min EZ b/w Sets | 31 <b>EASY</b><br>8K Easy Run                        |   |                              |  |
|                           |        |   |  |   |                              |   |

# 2024 Napa Valley FULL Marathon Schedule

## February 2024

| SUNDAY                    | MONDAY | TUESDAY   | WEDNESDAY  | THURSDAY                                       | FRIDAY | SATURDAY  |
|---------------------------|--------|---|--|--|--------|---|
|                           |        |   |  | 1 <b>PYLONS</b><br>2-3K Plus<br>4.5 Sets       | 2      | 3   |
| 4<br><b>35K Long Run</b>  | 5      | 6 <b>HOUR</b> Run<br>Run as far as you<br>can in 60 Minutes | 7 <b>BQ/PB</b><br>12-15K FLOAT<br>Run            | 8 <b>10-20-30</b><br>4K warmup<br>2x8Minutes   | 9      | 10 <b>EASY</b><br>8K Easy Run   |
| 11<br><b>38K Long Run</b> | 12     | 13 <b>3,4,5 KICK</b><br>3K+2x3,3,4,4,5,5<br>Min HD then EZ  | 14 <b>BQ/PB</b><br>10K Flush out<br>the legs run | 15 <b>10-20-30</b><br>4K warmup<br>2x10Minutes | 16     | 17 <b>EASY</b><br>9K Easy Run   |
| 18<br><b>20K Long Run</b> | 19     | 20 <b>RacePace</b><br>7x1K @ Target<br>Race Pace            | 21   | 22 <b>EASY</b><br>9K Easy Run                  | 23     | 24 <b>EASY</b><br>8K Easy Run   |
| 25<br><b>12K Long Run</b> | 26     | 27 <b>EASY</b><br>6K Run with 5<br>Accelerations            | 28   | 29 <b>EASY</b><br>40 Minute Super<br>Easy Run  |        |  |
|                           |        |   |  |  |        |   |

# 2024 Napa Valley FULL Marathon Schedule

## March 2024

| SUNDAY            | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY  |
|-------------------|--------|---------|-----------|----------|--------|---|
|                   |        |         |           |          | 1      | 2 <b>JOG+</b><br>3K Jog with 5 Accelerations  |
| 3<br><b>RACE!</b> | 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                |        |         |           |          |        |  |