


2024 Naples Half Marathon Schedule

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 12K 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 14K Long Run	20	21 SPEEDUP 2x3K Progress from EZ to FAST	22	23 BUILD 2K EZ, 3K Med, 2K Strong	24 EASY 6K Easy Run	25
26 16K Long Run	27	28 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	29	30 TEMPO 7K Tempo Run		

2024 Naples Half Marathon Schedule

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 6K Easy Run	2
3 16K Long Run	4	5 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	6	7 The REID 2K + 30 Minutes of Rolling Hills	8 EASY 8K Easy Run	9
10 18K 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 6K Easy Run
17 20K Long Run	18	19 SPEEDUP 2x4KProgress from EZ to FAST	20	21 HILLS 2K Plus 6 Hill Repeats	22 EASY 6K Easy Run	23
24 22K+ Long Run	25	26 FUN RUN 35 Minute Run – Gravy Burner	27	28 10-20-30 3K warmup 2x5Minutes	29	30 TEMPO 7K Tempo Run
31 14K Long Run						

2024 Naples Half Marathon Schedule

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 RacePace 5x1K @ Target Race Pace	3	4 10-20-30 3K warmup 2x6Minutes	5 EASY 5K Easy Run	6
7 10K Long Run	8	9 EASY 5K 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			
						