

# 2024 Vancouver FULL Marathon Schedule

## November 2023

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

# 2024 Vancouver FULL Marathon Schedule

## December 2023

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

# 2024 Vancouver FULL Marathon Schedule

## January 2024

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


# 2024 Vancouver FULL Marathon Schedule

## February 2024

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


# 2024 Vancouver FULL Marathon Schedule

## March 2024

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

# 2024 Vancouver FULL Marathon Schedule

## April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <b>HOUR</b> Run Run as far as you can in 60 Minutes	3 <b>BQ/PB</b> 15K Build by 5K EZ, Med, FAST!	4 <b>TRACK</b> 2x5x400 BUILD by 400	5	6 <b>EASY</b> 8K Easy Run
7 <b>35K Long Run</b>	8	9 <b>1-2 Punch</b> 8x 1minHD 2minEZ 2minHD 1minEZ	10	11 <b>TRACK</b> 2x1600 2x800 4x400 4x200 Each@FasterPace	12 <b>EASY</b> 10K Easy Run	13
14 <b>38K Long Run</b>	15	16 <b>3,4,5 KICK</b> 3K+2x3,3,4,4,5,5 Min HD then EZ	17 <b>BQ/PB</b> 10K Flush out the legs run	18 <b>TRACK</b> 4x400 4x1600	19	20 <b>EASY</b> 9K Easy Run
21 <b>20K Long Run</b>	22	23 <b>RacePace</b> 7x1K @ Target Race Pace	24	25 <b>EASY</b> 9K Easy Run	26	27 <b>EASY</b> 8K Easy Run
28 <b>12K Long Run</b>	29	30 <b>EASY</b> 6K Run with 5 Accelerations				

# 2024 Vancouver FULL Marathon Schedule

## May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>EASY</b> 40 Minute Super Easy Run	3	4 <b>JOG+</b> 3K Jog with 5 Accelerations
5 <b>RACE!</b>	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	