


2024 ATHENS MARATHON

June 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|--|-----------|---|-------------------------------|-------------------------------|
|  | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 12K Long Run | 10 | 11 EASY 6-10K Easy Run | 12 | 13 Let's Run 6-10K Easy Run | 14 | 15 EASY 5K Easy Run |
| 16 12K Long Run | 17 | 18 RUN! 8-10K Run. Get the habit back! | 19 | 20 STEADY 10K Steady Run | 21 EASY 6K Easy Run | 22 |
| 23 14K Long Run | 24 | 25 1-2Punch 5 x 1minHD 2minEZ 2minHD 1minEZ | 26 | 27 The REID 50 Minutes of Rolling Hills | 28 | 29 EASY 6K Easy Run |
| 30 16K Long Run | | | | | | |


2024 ATHENS MARATHON

July 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------|--------|--|---|--|-------------------------------|---|
| | 1 | 2 HOUR Run Run as far as you can in 60 Minutes | 3 | 4 TRILLS 8 Trail Hill Repeats | 5 EASY 6K Easy Run | 6 |
| 7 18K Long Run | 8 | 9 TRACK 3x4x400m Build within the 4 | 10 | 11 TEMPO 8K Tempo Run | 12 | 13 EASY 8K Easy Run |
| 14 16K SPECIAL | 15 | 16 FLOAT 10K Float On Run | 17 BQ/PB 8K Tempo Run | 18 TRILLS 9 Trail Hill Repeats | 19 EASY 7K Easy Run | 20 |
| 21 20K Long Run | 22 | 23 BUILD 3K EZ, 4K Med, 3K Hard | 24 | 25 TEMPO 10K Easy Run | 26 EASY 8K Easy Run | 27 |
| 28 22K Long Run | 29 | 30 FLOAT 10K Float On Run | 31 BQ/PB 10K Flush out the legs run | | |  |


2024 ATHENS MARATHON

August 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---|---|--|---------------------------------|--------------------------------|
|  | | | | 1 BUILD 3K EZ, 4K Med, 3K Hard | 2 EASY 8K Easy Run | 3 |
| 4 24K Long Run | 5 | 6 HOUR Run Run as far as you can in 60 Minutes | 7 | 8 TRILLS 9 Trail Hill Repeats | 9 | 10 EASY 10K Easy Run |
| 11 16K SPECIAL | 12 | 13 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ | 14 BQ/PB 15K Build by 5K EZ, Med, Med+ | 15 PYLONS 2-3K Plus 3 Sets | 16 EASY 10K Easy Run | 17 |
| 18 CN RUN 26K Long Run | 19 | 20 SPEED UP 2x5K Progress from EZ to FAST | 21 FLOAT 12K FLOAT Run | 22 TRILLS 10 Trail Hill Repeats | 23 | 24 |
| 25 21K 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 BQ/PB 10K Flush out the legs run | 29 PYLONS 2-3K Plus 4 Sets | 30 TEMPO 8K Tempo Run | 31 |


2024 ATHENS MARATHON

September 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|----------------------------------|---|--------------------------------|---|
| 1 28K Long Run | 2 | 3 HOUR Run Run as far as you can in 60 Minutes | 4 | 5 TRILLS 10 Trail Hill Repeats | 6 | 7 EASY 10K Easy Run |
| 8 16K SPECIAL | 9 | 10 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ | 11 BQ/PB 12K Easy Run | 12 BUILD 10K Build by 2K | 13 EASY 7K Easy Run | 14 |
| 15 30K Long Run | 16 | 17 IN&OUTS 2x3200m TRACK! | 18 | 19 FARTLEKS 8-10K of Team Fartleks | 20 EASY 10K Easy Run | 21 BQ/PB 10K Tempo Run |
| 22 24K Long Run | 23 | 24 SPEEDUP 2x5K Progress from EZ to FAST | 25 FLOAT 12K FLOAT Run | 26 The REID 60 Minutes of Rolling Hills | 27 | 28 |
| 29 32K Long Run | 30 | | | | |  |
| | | | | | | |

2024 ATHENS MARATHON

October 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|-----------|--|--|--|-----------------------------------|---|
| | | 1 HOUR Run Run as far as you can in 60 Minutes | 2 BQ/PB 15K Build by 5K EZ, Med, Med+ | 3 TRACK 4x400m, 2x800m, 1600m, 4x400m | 4 | 5 EASY 12K Easy Run |
| 6 16K SPECIAL | 7 | 8 3,4,5 KICK 3K+2x3,3,4,4,5, Min HD then EZ | 9 | 10 TRACK Pyramid - 200,400, 800,1200,1600,1200 800.400.200 | 11 EASY 10K Easy Run | 12 |
| 13 34K Long Run | 14 | 15 SPEEDUP 2x5K Progress from EZ to FAST | 16 BQ/PB 10K Flush out the legs run | 17 TRACK 4x400m 4x1600m | 18 | 19 EASY 9K Easy Run |
| 20 36K Long Run | 21 | 22 FLUSH 8K Flush out the legs run | 23 | 24 BUILD 4K Easy, 3K Med, 3K Hard | 25 | 26 EASY 10K Easy Run |
| 27 20K Long Run | 28 | 29 Race Pace 7x1K @ Target Race Pace | 30 | 31 EASY 9K Easy Run | |  |

2024 ATHENS MARATHON

November 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--------|---|-----------|--|--------|---|
| | | | | | 1 | 2 EASY 8K Easy Run |
| 3 12K Long Run | 4 | 5 GIDDYUP 6K Run with 5 Accelerations | 6 | 7 EASY 40 Minutes Super Easy | 8 | 9 JOG+ 5K Easy Run + 3 Accelerations |
| 10 Race Day! | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30  |
| | | | | | | |