


# 2024 BELIZE HALF MARATHON

## June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9 <b>10K Long Run</b>	10	11 <b>EASY</b> 6K Easy Run	12	13 <b>Let's Run</b> 6-8K Easy Run	14	15 <b>EASY</b> 5K Easy Run
16 <b>10K Long Run</b>	17	18 <b>RUN!</b> 8K Run. Get the habit back!	19	20 <b>STEADY</b> 8K Steady Run	21 <b>EASY</b> 5K Easy Run	22
23 <b>10K Long Run</b>	24	25 <b>1-2Punch</b> 4 x 1minHD 2minEZ 2minHD 1minEZ	26	27 <b>The REID</b> 40 Minutes of Rolling Hills	28	29 <b>EASY</b> 6K Easy Run
30 <b>12K Long Run</b>						


# 2024 BELIZE HALF MARATHON

## July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	<b>2 HOUR Run</b> Run as far as you can in 60 Minutes	3	4 <b>TRILLS</b> 6 Trail Hill Repeats	5 <b>EASY</b> 5K Easy Run	6
7 <b>14K Long Run</b>	8	9 <b>TRACK</b> 3x3x400m Build within the 3	10	11 <b>EASY</b> 8K Easy Run	12	13 <b>TEMPO</b> 5K Tempo Run
14 <b>12K SPECIAL</b>	15	16 <b>FLOAT</b> 8K Float On Run	17 <b>PB</b> 40 Minute Easy Run	18 <b>TRILLS</b> 7 Trail Hill Repeats	19 <b>EASY</b> 6K Easy Run	20
21 <b>14K Long Run</b>	22	23 <b>BUILD</b> 3K EZ, 3K Med, 2K Hard	24	25 <b>TEMPO</b> 7K Tempo Run	26	27 <b>EASY</b> 6K Easy Run
28 <b>16K Long Run</b>	29	30 <b>1-2 Punch</b> 6x 1minHD 2minEZ 2minHD 1minEZ	31 <b>PB</b> 8K Flush out the legs run			


# 2024 BELIZE HALF MARATHON

## August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1 BUILD</b> 3K EZ, 3K Med, 3K Hard	<b>2 EASY</b> 6K Easy Run	3
<b>4</b> <b>18K Long Run</b>	5	<b>6 HOUR Run</b> Run as far as you can in 60 Minutes	7	<b>8 TRILLS</b> 7 Trail Hill Repeats	9	<b>10 TEMPO</b> 6K Tempo Run
<b>11</b> <b>16K SPECIAL</b>	12	<b>13 BUILD</b> 3K EZ, 3K Med, 3K Strong	<b>14 PB</b> 8K FLOAT Run	<b>15 PYLONS</b> 2-3K Plus 3 Sets	<b>16 EASY</b> 6K Easy Run	17
<b>18 CN RUN</b> <b>20K Long Run</b>	19	<b>20 SPEEDUP</b> 2x4K Progress from EZ to FAST	<b>21 FLOAT</b> 8K FLOAT Run	<b>22 TRILLS</b> 8 Trail Hill Repeats	23	24
<b>25</b> <b>16K Long Run</b>	26	<b>27 Cut Down</b> 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	<b>28 PB</b> 8K FLOAT Run	<b>29 PYLONS</b> 2-3K Plus 3 Sets	<b>30 EASY</b> 40 Minute Easy Run	31


# 2024 BELIZE HALF MARATHON

## September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>18K Long Run</b>	2	3 <b>HOUR Run</b> Run as far as you can in 60 Minutes	4	5 <b>TRILLS</b> 8 Trail Hill Repeats	6	7 <b>TEMPO</b> 6K Tempo Run
8 <b>16K SPECIAL</b>	9	10 <b>1-2 Punch</b> 6x 1minHD 2minEZ 2minHD 1minEZ	11 <b>PB</b> 9K Easy Run	12 <b>BUILD</b> 8K Build by 2K	13 <b>EASY</b> 6K Easy Run	14
15 <b>12K Long Run</b>	16	17 <b>IN&amp;OUTS</b> 2x2400m TRACK!	18	19 <b>FARTLEKS</b> 7-8K of Team Fartleks	20 <b>EASY</b> 7K Easy Run	21 <b>PB</b> 8K Tempo Run
22 <b>20K Long Run</b>	23	24 <b>SPEEDUP</b> 2x4KProgress from EZ to FAST	25 <b>FLOAT</b> 9K FLOAT Run	26 <b>The REID</b> 50 Minutes of Rolling Hills	27	28
29 <b>18K Long Run</b>	30					


# 2024 BELIZE HALF MARATHON

## October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1 HOUR Run</b> Run as far as you can in 60 Minutes	2	<b>3 TRACK</b> 2x400m, 2x800m, 1600m, 2x400m	<b>4 EASY</b> 40 Minute Easy Run	<b>5 PB</b> 6K Tempo Run
<b>6 16K SPECIAL</b>	7	<b>8 1-2 Punch</b> 7x 1minHD 2minEZ 2minHD 1minEZ	<b>9 EASY</b> 9K Easy Run	<b>10 TRACK</b> Pyramid -200,400, 800,1200,1200, 800,400,200	11	12
<b>13 18K Long Run</b>	14	<b>15 SPEEDUP</b> 2x4KProgress from EZ to FAST	16	<b>17 The REID</b> 50 Minutes of Rolling Hills	<b>18 EASY</b> 40 Minute Easy Run	<b>19 PB</b> 8K Tempo Run
<b>20 14K Long Run</b>	21	<b>22 Cut Down</b> 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	<b>23 FLOAT</b> 8K FLOAT Run	<b>24 TRACK</b> 4x400m 3x1600m	25	26
<b>27 20K Long Run</b>	28	<b>29 3,4,5 KICK</b> 3K+2x3,3,4,4,5,5 Min HD then EZ	30	<b>31 BUILD</b> 3K EZ, 3K Med, 3K Strong		

# 2024 BELIZE HALF MARATHON

## November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>EASY</b> 40 Minute Easy Run
3 <b>21K Long Run (Hamilton?)</b>	4	5 <b>HOUR Run</b> Run as far as you can in 60 Minutes	6 <b>PB</b> 8K Flush out the legs run	7 <b>The REID</b> 50 Minutes of Rolling Hills	8	9 <b>TEMPO</b> 7K Tempo Run
10 <b>16K SPECIAL</b>	11	12 <b>1-2 Punch</b> 7x 1minHD 2minEZ 2minHD 1minEZ	13 <b>FLOAT</b> 9K FLOAT Run	14 <b>SPEEDUP</b> 2x4KProgress from EZ to FAST	15 <b>PB</b> 5K Tempo Run	16
17 <b>24K Long Run</b>	18	19 <b>RacePace</b> 6x1K @ Target Race Pace	20	21 <b>BUILD</b> 3K EZ, 3K Med, 3K Strong	22 <b>EASY</b> 6K Easy Run	23
24 <b>14K Long Run</b>	25	26 <b>GIDDYUP</b> 5K Run with 5 Accelerations	27	28 <b>EASY</b> 8K Easy Run	29	30 <b>EASY</b> 6K Easy Run
						

# 2024 BELIZE HALF MARATHON

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>10K Long Run</b>	2	3 <b>EASY</b> 6K Easy Run	4	5 <b>EASY</b> 40 Minutes Super Easy	6	7 <b>JOG+</b> 5K Easy Run + 3 Accelerations
8 <b>Race Day!</b>	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
						