


# 2024 COLUMBUS FULL MARATHON

## June 2024

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


# 2024 COLUMBUS FULL 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> 8 Trail Hill Repeats	5 <b>EASY</b> 6K Easy Run	6
7 <b>20K Long Run</b>	8	9 <b>TRACK</b> 3x4x400m Build within the 4	10	11 <b>TEMPO</b> 8K Tempo Run	12	13 <b>EASY</b> 8K Easy Run
14 <b>16K SPECIAL</b>	15	16 <b>FLOAT</b> 10K Float On Run	17 <b>BQ/PB</b> 8K Tempo Run	18 <b>TRILLS</b> 9 Trail Hill Repeats	19 <b>EASY</b> 7K Easy Run	20
21 <b>22K Long Run</b>	22	23 <b>BUILD</b> 3K EZ, 4K Med, 3K Hard	24	25 <b>TEMPO</b> 10K Easy Run	26 <b>EASY</b> 8K Easy Run	27
28 <b>24K Long Run</b>	29	30 <b>FLOAT</b> 10K Float On Run	31 <b>BQ/PB</b> 10K Flush out the legs run			

# 2024 COLUMBUS FULL MARATHON

## August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1 BUILD</b> 3K EZ, 4K Med, 3K Hard	<b>2 EASY</b> 8K Easy Run	3
<b>4</b> <b>26K Long Run</b>	5	<b>6 HOUR Run</b> Run as far as you can in 60 Minutes	7	<b>8 TRILLS</b> 9 Trail Hill Repeats	9	<b>10 EASY</b> 10K Easy Run
<b>11</b> <b>16K SPECIAL</b>	12	<b>13 3,4,5 KICK</b> 3K+2x3,3,4,4,5,5 Min HD then EZ	<b>14 BQ/PB</b> 15K Build by 5K EZ, Med, Med+	<b>15 PYLONS</b> 2-3K Plus 3 Sets	<b>16 EASY</b> 10K Easy Run	17
<b>18 CN RUN</b> <b>28K Long Run</b>	19	<b>20 SPEED UP</b> 2x5K Progress from EZ to FAST	<b>21 FLOAT</b> 12K FLOAT Run	<b>22 TRILLS</b> 10 Trail Hill Repeats	23	24
<b>25</b> <b>21K Long Run</b>	26	<b>27 Cut Down</b> 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	<b>28 BQ/PB</b> 10K Flush out the legs run	<b>29 PYLONS</b> 2-3K Plus 4 Sets	<b>30 TEMPO</b> 8K Tempo Run	31

# 2024 COLUMBUS FULL MARATHON

## September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>28K Long Run</b>	2	3 <b>HOUR Run</b> Run as far as you can in 60 Minutes	4	5 <b>The REID</b> 60 Minutes of Rolling Hills	6	7 <b>EASY</b> 10K Easy Run
8 <b>16K SPECIAL</b>	9	10 <b>3,4,5 KICK</b> 3K+2x3,3,4,4,5,5 Min HD then EZ	11 <b>BQ/PB</b> 12K Easy Run	12 <b>TRACK</b> 4x400m, 2x800m, 1600m, 4x400m	13 <b>EASY</b> 7K Easy Run	14
15 <b>30K Long Run</b>	16	17 <b>IN&amp;OUTS</b> 2x3200m TRACK!	18	19 <b>FARTLEKS</b> 8-10K of Team Fartleks	20 <b>EASY</b> 10K Easy Run	21 <b>BQ/PB</b> 10K Tempo Run
22 <b>34K Long Run</b>	23	24 <b>SPEEDUP</b> 2x5K Progress from EZ to FAST	25 <b>FLOAT</b> 10K FLOAT Run	26 <b>TRACK</b> Pyramid - 200,400, 800,1200,1600,1200 800,400,200	27	28
29 <b>36K Long Run</b>	30					



# 2024 COLUMBUS FULL MARATHON

## October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>HOUR Run</b> Run as far as you can in 60 Minutes	2 <b>BQ/PB</b> 10K Flush out the legs run	3 <b>TRACK</b> 4x400m 4x1600m	4	5 <b>EASY</b> 6K Easy Run
6 <b>20K Long Run</b>	7	8 <b>Race Pace</b> 7x1K @ Target Race Pace	9	10 <b>EASY</b> 9K Easy Run	11 <b>EASY</b> 10K Easy Run	12
13 <b>12K Long Run</b>	14	15 <b>GIDDYUP!</b> 6K Run with 5 Accelerations	16	17 <b>EASY</b> 40 Minutes Super Easy	18	19 <b>JOG+</b> 5K Easy Run + 3 Accelerations
20 <b>Race Day!</b>	21	22	23	24	25	26
27	28	29	30	31		