


2024 HAMILTON HALF MARATHON

June 2024

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


2024 HAMILTON HALF 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 6 Trail Hill Repeats | 5 EASY 5K Easy Run | 6 |
| 7 14K Long Run | 8 | 9 TRACK 3x3x400m Build within the 3 | 10 | 11 EASY 8K Easy Run | 12 | 13 TEMPO 5K Tempo Run |
| 14 12K SPECIAL | 15 | 16 FLOAT 8K Float On Run | 17 PB 40 Minute Easy Run | 18 TRILLS 7 Trail Hill Repeats | 19 EASY 6K Easy Run | 20 |
| 21 14K Long Run | 22 | 23 BUILD 3K EZ, 3K Med, 2K Hard | 24 | 25 TEMPO 7K Tempo Run | 26 | 27 EASY 6K Easy Run |
| 28 16K Long Run | 29 | 30 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ | 31 PB 8K Flush out the legs run | | |  |


2024 HAMILTON HALF MARATHON

August 2024

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


2024 HAMILTON HALF MARATHON

September 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|---------------------------------|---|-------------------------------|---|
| 1 20K Long Run | 2 | 3 HOUR Run Run as far as you can in 60 Minutes | 4 | 5 TRILLS 8 Trail Hill Repeats | 6 | 7 TEMPO 6K Tempo Run |
| 8 16K SPECIAL | 9 | 10 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ | 11 PB 9K Easy Run | 12 BUILD 8K Build by 2K | 13 EASY 6K Easy Run | 14 |
| 15 20K Long Run | 16 | 17 IN&OUTS 2x2400m TRACK! | 18 | 19 FARTLEKS 7-8K of Team Fartleks | 20 EASY 7K Easy Run | 21 PB 8K Tempo Run |
| 22 18K Long Run | 23 | 24 SPEEDUP 2x4KProgress from EZ to FAST | 25 FLOAT 9K FLOAT Run | 26 TRACK 2x400m, 2x800m, 1600m, 2x400m | 27 | 28 |
| 29 22K Long Run | 30 | | | | |  |
| | | | | | | |

2024 HAMILTON HALF MARATHON

October 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------|--------|--|---------------------------------|--|--------------------------------------|---|
| | | 1 HOUR Run Run as far as you can in 60 Minutes | 2 | 3 TRACK Pyramid -200,400,800,1200,1200,800,400,200 | 4 EASY 40 Minute Easy Run | 5 PB 6K Tempo Run |
| 6 16K SPECIAL | 7 | 8 1-2 Punch 7x 1minHD 2minEZ 2minHD 1minEZ | 9 EASY 9K Easy Run | 10 TRACK 4x400m 3x1600m | 11 | 12 |
| 13 24K Long Run | 14 | 15 SPEEDUP 2x4KProgress from EZ to FAST | 16 | 17 TRACK 4x1600m | 18 EASY 40 Minute Easy Run | 19 PB 8K Tempo Run |
| 20 14K Long Run | 21 | 22 RacePace 6x1K @ Target Race Pace | 23 FLOAT 8K FLOAT Run | 24 EASY 8K Easy Run | 25 | 26 |
| 27 10K Long Run | 28 | 29 GIDDYUP 5K Run with 5 Accelerations | 30 | 31 EASY 40 Minutes Super Easy | |  |

2024 HAMILTON HALF MARATHON

November 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|--------|---------|-----------|----------|--------|---|
| | | | | | 1 | 2 JOG+ 5K Easy Run + 3 Accelerations |
| 3 Race Day! | 4 | 5 | 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 |
| | | | | | |  |