


2024 NIAGARA FULL 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 14K 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 16K 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 18K Long Run						


2024 NIAGARA FULL 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 20K 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 22K Long Run	22	23 BUILD 3K EZ, 4K Med, 3K Hard	24	25 TEMPO 10K Easy Run	26 EASY 8K Easy Run	27
28 24K Long Run	29	30 FLOAT 10K Float On Run	31 BQ/PB 10K Flush out the legs run			

2024 NIAGARA FULL 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 26K 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 28K 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 NIAGARA FULL 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 The REID 60 Minutes of Rolling Hills	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 TRACK 4x400m, 2x800m, 1600m, 4x400m	27	28
29 34K Long Run	30					

2024 NIAGARA FULL 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 Pyramid - 200,400, 800,1200,1600,1200 800.400.200	4	5 EASY 12K Easy Run
6 36K Long Run	7	8 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	9	10 TRACK 4x400m 4x1600m	11 EASY 10K Easy Run	12
13 20K Long Run	14	15 SPEEDUP 2x5K Progress from EZ to FAST	16 BQ/PB 10K Flush out the legs run	17 EASY 9K Easy Run	18	19 EASY 9K Easy Run
20 12K Long Run	21	22 Race Pace 7x1K @ Target Race Pace	23	24 EASY 40 Minutes Super Easy	25	26 JOG+ 5K Easy Run + 3 Accelerations
27 Race Day!	28	29	30	31		