



2024 NIAGARA 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 12K 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 NIAGARA 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 NIAGARA 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 NIAGARA 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 NIAGARA 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 24K Long Run	7	8 1-2 Punch 7x 1minHD 2minEZ 2minHD 1minEZ	9 EASY 9K Easy Run	10 TRACK 4x400m 3x1600m	11	12
13 14K Long Run	14	15 RacePace 6x1K @ Target Race Pace	16	17 EASY 8K Easy Run	18	19 EASY 40 Minute Easy Run
20 10K Long Run	21	22 GIDDYUP 5K Run with 5 Accelerations	23	24 EASY 40 Minutes Super Easy	25	26 JOG+ 5K Easy Run + 3 Accelerations
27 Race Day!	28	29	30	31		