


# 2024 OAKVILLE 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>12K 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>12K 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>14K Long Run</b>						


# 2024 OAKVILLE 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>16K 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>16K 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>18K 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 OAKVILLE HALF MARATHON

## August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <b>BUILD</b> 3K EZ, 3K Med, 3K Hard	2 <b>EASY</b> 6K Easy Run	3
4 <b>18K Long Run</b>	5	6 <b>HOUR Run</b> Run as far as you can in 60 Minutes	7	8 <b>TRILLS</b> 7 Trail Hill Repeats	9	10 <b>TEMPO</b> 6K Tempo Run
11 <b>16K SPECIAL</b>	12	13 <b>BUILD</b> 3K EZ, 3K Med, 3K Strong	14 <b>PB</b> 8K FLOAT Run	15 <b>PYLONS</b> 2-3K Plus 3 Sets	16 <b>EASY</b> 6K Easy Run	17
18 <b>CN RUN</b> <b>20K Long Run</b>	19	20 <b>SPEEDUP</b> 2x4K Progress from EZ to FAST	21 <b>FLOAT</b> 8K FLOAT Run	22 <b>TRILLS</b> 8 Trail Hill Repeats	23	24
25 <b>18K Long Run</b>	26	27 <b>Cut Down</b> 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	28 <b>PB</b> 8K FLOAT Run	29 <b>TRACK</b> 2x400m, 2x800m, 1600m, 2x400m	30 <b>EASY</b> 40 Minute Easy Run	31

# 2024 OAKVILLE HALF MARATHON

## September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>22K Long Run</b>	2	3 <b>HOUR Run</b> Run as far as you can in 60 Minutes	4	5 <b>TRACK</b> Pyramid -200,400,800,1200,1200,800.400.200	6	7 <b>TEMPO</b> 6K Tempo Run
8 <b>24K Long Run</b>	9	10 <b>1-2 Punch</b> 6x 1minHD 2minEZ 2minHD 1minEZ	11 <b>PB</b> 9K Easy Run	12 <b>TRACK</b> 4x400m 3x1600m	13 <b>EASY</b> 6K Easy Run	14
15 <b>14K Long Run</b>	16	17 <b>RacePace</b> 6x1K @ Target Race Pace	18	19 <b>EASY</b> 8K Easy Run	20	21 <b>EASY</b> 40 Minute Easy Run
22 <b>10K Long Run</b>	23	24 <b>GIDDYUP</b> 5K Run with 5 Accelerations	25	26 <b>EASY</b> 40 Minutes Super Easy	27	28 <b>JOG+</b> 5K Easy Run + 3 Accelerations
29 <b>Race Day!</b>	30					