


2024 Run for the Grapes 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 12K 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 14K Long Run						


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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 16K Long Run	8	9 TRACK 3x3x400m Build within the 3	10	11 EASY 8K Easy Run	12	13 TEMPO 5K Tempo Run
14 16K 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 18K Long Run	22	23 BUILD 3K EZ, 3K Med, 2K Hard	24	25 TEMPO 7K Tempo Run	26	27 EASY 6K Easy Run
28 18K Long Run	29	30 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	31 PB 8K Flush out the legs run			

2024 Run for the Grapes 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 20K 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 22K 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 18K 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 TRACK 2x400m, 2x800m, 1 600m, 2x400m	30 EASY 40 Minute Easy Run	31

2024 Run for the Grapes HALF MARATHON

September 2024

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