

2025 Chilly HALF Marathon

November 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|-----------------------------------|-----------|------------------------------|-------------------------------|---|
| | | | | | 1 | 2 |
| 3 8K LONG RUN | 4 | 5 EASY 6K EASY RUN | 6 | 7 JUST RUN 7K RUN | 8 EASY 5K EASY RUN | 9 |
| 10 10K LONG RUN | 11 | 12 EASY 6K EASY RUN | 13 | 14 JUST RUN 7K RUN | 15 | 16 EASY 5-6K EASY RUN |
| 17 10K LONG RUN | 18 | 19 EASY 7K EASY RUN | 20 | 21 JUST RUN 8K RUN | 22 | 23 EASY 5-6K EASY RUN |
| 24 12K LONG RUN | 25 | 26 STEADY 7K STEADY RUN | 27 | 28 JUST RUN 8K RUN | 29 EASY 5K EASY RUN | 30  |
| | | | | | | |

2025 Chilly HALF Marathon


December 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|-------------------------------|--|--|---------------------------------|
| 1 12K SPECIAL | 2 | 3 STEADY 7K STEADY RUN | 4 | 5 JUST RUN 8K RUN | 6 BUILDUP 2x3K Progress from EZ - Fluid | 7 |
| 8 14K LONG RUN | 9 | 10 EASY 7K+ EASY RUN | 11 | 12 YES! 8K HOLIDAY RUN BURLINGTON | 13 | 14 EASY 6K EASY RUN |
| 15 14K LONG RUN | 16 | 17 RUN! 7-10K Get your legs and friends going! | 18 EASY 5K EASY RUN | 19 LET'S GO! 2x3K Progress from EZ - Fluid | 20 | 21 PB 6K TEMPO RUN |
| 22 16K LONG RUN | 23 | 24 RUN! 7-10K Get your legs and friends going! | 25 | 26 JUST RUN 10K RUN | 27 PB 5K STEADY RUN | 28 EASY 6K EASY RUN |
| 29 16K SPECIAL | 30 | 31 1-2 Punch 5 x 1minHD 2minEZ 2minHD 1minEZ | | | | |
| | | | | | | |




2025 Chilly HALF Marathon

January 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|-------------------------------|---|------------------------------|---|
| | | | 1 | 2 BUILDUP 3x3K Progress from EZ - Strong | 3 EASY 5K Easy Run | 4 |
| 5 18K LONG RUN | 6 | 7 1 HOUR! As far as you can run in 60 minutes | 8 PB 9K Easy Run | 9 The REID 45 Minutes of Rolling Hills | 10 | 11 TEMPO 6K Tempo Run |
| 12 18K LONG RUN | 13 | 14 8x90/90 90 sec @ 10K RP 90 sec Easy Jog | 15 | 16 STEADY 8K Steady Run | 17 | 18 EASY 5K Easy Run |
| 19 20K LONG RUN | 20 | 21 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ | 22 EASY 6K Easy Run | 23 HILLS 7 Long Hill Repeats | 24 | 25 PB 6K Tempo Run |
| 26 16K SPECIAL | 27 | 28 9x90/90 90 sec @ 10K RP 90 sec Easy Jog | 29 | 30 PYLONS 2-3K Plus 3 Sets | 31 |  |
| | | | | | | |

2025 Chilly HALF Marathon

February 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|---|--|------------------------------|---|
| | | | | | | 1 TEMPO 7K Tempo Run |
| 2 22K LONG RUN | 3 | 4 1 HOUR! As far as you can run in 60 minutes | 5 PB 9K Build by 3K EZ, Med, Med+ | 6 HILLS 8 Long Hill Repeats | 7 EASY 8K Easy Run | 8 TEST Test Race Meal & Gear |
| 9 24K LONG RUN | 10 | 11 FLUSH 8K Flush out the legs run | 12 PB 2x2400m Track In & Outs | 13 TEMPO 10K Tempo Run | 14 | 15 EASY 8K Easy Run |
| 16 14K LONG RUN | 17 | 18 10x90/90 90 sec @ 10K RP 90 sec Easy Jog | 19 | 20 SPEEDUP 1x8K Progress from EZ to FAST | 21 | 22 EASY 7K Easy Run |
| 23 10K LONG RUN | 24 | 25 GIDDYUP 6K Run with 5 Accelerations | 26 | 27 EASY 7K Easy Run | 28 |  |
| | | | | | | |

2025 Chilly HALF Marathon

March 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|--------|---------|-----------|----------|--------|---|
| | | | | | | 1 JOG+ 5K Easy Run + 3 Accelerations |
| 2 <i>Race Day!</i> | 3 | 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 | 31 | | | | |  |