

2025 Inverness 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 Inverness 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 Inverness 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 Inverness HALF Marathon

February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 TEMPO 7K Tempo Run
2 20K 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
9 22K LONG RUN	10	11 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	12 PB 2x2400m Track In & Outs	13 TEMPO 10K Tempo Run	14	15 TEST Test Race Meal & Gear
16 24K LONG RUN	17	18 FLUSH 8K Flush out the legs run	19	20 TRACK 3x4x400m 3 min b/w sets	21	22 EASY 8K Easy Run
23 14K LONG RUN	24	25 Race Pace 7x1K @ Target Race Pace	26	27 SPEEDUP 1x8K Progress from EZ to FAST	28	

2025 Inverness HALF Marathon

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 7K Easy Run
2 10K LONG RUN	3	4 GIDDYUP 6K Run with 5 Accelerations	5	6 EASY 7K Easy Run	7	8 JOG+ 5K Easy Run + 3 Accelerations
9 Race Day!	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					