

2025 Mt. Charleston FULL Marathon

November 2024

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

2025 Mt. Charleston FULL Marathon


December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 18K LONG RUN	2	3 EASY 10K EASY RUN	4	5 JUST RUN 10K RUN	6 BUILDUP 2x4K Progress from EZ - Fluid	7
8 20K LONG RUN	9	10 BUILD 3x3K EZ, Med, Strong	11	12 YES! 8K HOLIDAY RUN BURLINGTON	13	14 EASY 10K EASY RUN
15 20K LONG RUN	16	17 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	18 EASY 6K EASY RUN	19 LET'S GO! 2x4K Progress from EZ - Fluid	20	21 BQ/PB 8K TEMPO RUN
22 22K LONG RUN	23	24 RUN! Pre-Turkey Run! 8-10K	25	26 JUST RUN 10K RUN	27 BQ/PB 8K STEADY RUN	28 EASY 8K EASY RUN
29 16K SPECIAL	30	31 1-2 Punch 8 x 1minHD 2minEZ 2minHD 1minEZ				




2025 Mt. Charleston FULL Marathon

January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px;"> <p>This Race will challenge your quad strength as a Downhill run. Commit to building those muscles with leg workouts, and downhill running!</p> </div>			1	2 BUILDUP 3x3K Progress from EZ - Strong	3 EASY 6K Easy Run	4
5 24K LONG RUN	6	7 1 HOUR! As far as you can run in 60 minutes	8 BQ/PB 12K Easy Run	9 The REID 50 Minutes of Rolling Hills	10	11 TEMPO 6K Tempo Run
12 26K LONG RUN	13	14 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	15	16 STEADY 8K Steady Run	17	18 EASY 5K Easy Run
19 28K LONG RUN	20	21 1-2 Punch 9 x 1minHD 2minEZ 2minHD 1minEZ	22 EASY 6-7K Easy Run	23 HILLS 8 Long Hill Repeats with 10 squats before	24	25 BQ/PB 8K Tempo Run
26 16K SPECIAL	27	28 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 BQ/PB 1 Hour Run Steady Pace	3 PYLONS 2-3K Plus 4 Sets	31 EASY 6-7K Easy Run	


2025 Mt. Charleston FULL Marathon

February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>This Race will challenge your quad strength as a Downhill run. Commit to building those muscles with leg workouts, and downhill running!</p>						1
2 30K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5 BQ/PB 12K Build by 4K EZ, Med, Med+	6 HILLS 10 Long Hill Repeats + 12 Squats before	7	8 TEMPO 10K Tempo Run
9 28K LONG RUN	10	11 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	12	13 PYLONS 2-3K Plus 4 Sets	14 EASY 10K Easy Run	15
16 30K LONG RUN	17	18 Slow&Long 12K Recovery Run	19	20 BUILD 12K Build by 4K	21 EASY 7K Easy Run	22 BQ/PB 10K Tempo Run
23 16K SPECIAL	24	25 12x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 BQ/PB 1 Hour Run Steady Pace	27 HILLS 10 Long Hill Repeats + 15 Squats before	28	

2025 Mt. Charleston FULL Marathon

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>This Race will challenge your quad strength as a Downhill run. Commit to building those muscles with leg workouts, and downhill running!</p>						<p>1 TEMPO 10K Tempo Run</p>
<p>2 32K LONG RUN</p>	<p>3</p>	<p>4 1 HOUR! As far as you can run in 60 minutes</p>	<p>5 BQ/PB 9K Run with rolling hills</p>	<p>6 TRACK 4x4x400m 3 min b/w sets</p>	<p>7 EASY 10K Easy Run</p>	<p>8</p>
<p>9 34K LONG RUN</p>	<p>10</p>	<p>11 12x90/90 90 sec @ 10K RP 90 sec Easy Jog</p>	<p>12 BQ/PB 10K Tempo Run</p>	<p>13 TRACK 4x400m, 2x800m, 1600m, 4x400m</p>	<p>14</p>	<p>15 EASY 10K Easy Run</p>
<p>16 37K LONG RUN</p>	<p>17</p>	<p>18 FLUSH 8-10K Flush out the legs run</p>	<p>19 BQ/PB 2x3200m Track In & Outs</p>	<p>20 TRACK 4x400m 4x1600m</p>	<p>21 EASY 8K Easy Run</p>	<p>22</p>
<p>23 20K LONG RUN</p>	<p>24</p>	<p>25 RacePace 8x1K @ Target Race Pace</p>	<p>26</p>	<p>27 SPEEDUP 1x8K Progress from EZ to FAST</p>	<p>28</p>	<p>29 EASY 9K Easy Run</p>
<p>30 12K LONG RUN</p>	<p>31</p>					

2025 Mt. Charleston FULL Marathon

April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 GIDDYUP 8K Run with 5 Accelerations	2	3 EASY 7K Easy Run	4 JOG+ 5K Easy Run + 3 Accelerations	5 Race Day!
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			