

# 2025 Rome FULL Marathon

## November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 <b>12K LONG RUN</b>	4	5 <b>EASY</b> 7K EASY RUN	6	7 <b>JUST RUN</b> 8K RUN	8 <b>EASY</b> 9K EASY RUN	9
10 <b>14K LONG RUN</b>	11	12 <b>EASY</b> 7K EASY RUN	13	14 <b>JUST RUN</b> 8K RUN	15	16 <b>EASY</b> 7K EASY RUN
17 <b>16K LONG RUN</b>	18	19 <b>EASY</b> 10K EASY RUN	20	21 <b>STEADY</b> 8K STEADY RUN	22	23 <b>EASY</b> 7K EASY RUN
24 <b>18K LONG RUN</b>	25	26 <b>BUILD</b> 3x3K EZ, Med, Strong	27	28 <b>STEADY</b> 8K STEADY RUN	29 <b>EASY</b> 9K EASY RUN	30 

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## December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>16K SPECIAL</b>	2	3 <b>1 HOUR!</b> As far as you can run in 60 minutes	4	5 <b>JUST RUN</b> 10K RUN	6 <b>BUILDUP</b> 2x4K Progress from EZ - Fluid	7
8 <b>20K LONG RUN</b>	9	10 <b>BUILD</b> 3x3K EZ, Med, Strong	11	12 <b>YES!</b> <b>8K HOLIDAY RUN</b> <b>BURLINGTON</b>	13	14 <b>EASY</b> 8K EASY RUN
15 <b>22K LONG RUN</b>	16	17 <b>1-2 Punch</b> 6 x 1minHD 2minEZ 2minHD 1minEZ	18 <b>EASY</b> 6K EASY RUN	19 <b>LET'S GO!</b> 2x4K Progress from EZ - Fluid	20	21 <b>BQ/PB</b> 8K TEMPO RUN
22 <b>24K LONG RUN</b>	23	24 <b>RUN!</b> Pre-Turkey Run! 8-10K	25	26 <b>TEMPO</b> 8K Tempo Run	27 <b>BQ/PB</b> 8K STEADY RUN	28 <b>EASY</b> 8K EASY RUN
29 <b>16K SPECIAL</b>	30	31 <b>8x90/90</b> 6 x 1minHD 2minEZ 2minHD 1minEZ				




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## January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>BUILDUP</b> 3x3K Progress from EZ - Strong	3 <b>EASY</b> 6K Easy Run	4
5 <b>24K LONG RUN</b>	6	7 <b>1 HOUR!</b> As far as you can run in 60 minutes	8 <b>BQ/PB</b> 9K Easy Run	9 <b>The REID</b> 50 Minutes of Rolling Hills	10	11 <b>TEMPO</b> 6K Tempo Run
12 <b>26K LONG RUN</b>	13	14 <b>3,4,5 KICK</b> 3K+2x3,3,4,4,5,5 Min HD then EZ	15	16 <b>STEADY</b> 8K Steady Run	17	18 <b>EASY</b> 5K Easy Run
19 <b>28K LONG RUN</b>	20	21 <b>1-2 Punch</b> 7 x 1minHD 2minEZ 2minHD 1minEZ	22 <b>EASY</b> 6-7K Easy Run	23 <b>HILLS</b> 8 Long Hill Repeats	24	25 <b>BQ/PB</b> 8K Tempo Run
26 <b>16K SPECIAL</b>	27	28 <b>10x90/90</b> 90 sec @ 10K RP 90 sec Easy Jog	29 <b>BQ/PB</b> 1 Hour Run Steady Pace	3 <b>PYLONS</b> 2-3K Plus 3 Sets	31 <b>EASY</b> 6-7K Easy Run	

# 2025 Rome FULL Marathon

## February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 <b>30K LONG RUN</b>	3	4 <b>1 HOUR!</b> As far as you can run in 60 minutes	5 <b>BQ/PB</b> 12K Build by 4K EZ, Med, Med+	6 <b>HILLS</b> 10 Long Hill Repeats	7	8 <b>TEMPO</b> 8K Tempo Run
9 <b>33K LONG RUN</b>	10	11 <b>3,4,5 KICK</b> 3K+2x3,3,4,4,5,5 Min HD then EZ	12	13 <b>PYLONS</b> 4 Sets	14 <b>EASY</b> 8K Easy Run	15 <b>BQ/PB</b> 10K Tempo Run
16 <b>24K LONG RUN</b>	17	18 <b>12x90/90</b> 90 sec @ 10K RP 90 sec Easy Jog	19	20 <b>TEMPO</b> 10K Tempo Run	21 <b>EASY</b> 7K Easy Run	22 <b>TEST</b> Test Marathon Meal & Gear
23 <b>36K LONG RUN</b>	24	25 <b>FLUSH</b> 8-10K Flush out the legs run	26 <b>BQ/PB</b> 2x3200m Track In & Outs	27 <b>TRACK</b> 4x4x400m 3 min b/w sets	28	

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## March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>EASY</b> 9K Easy Run
2 <b>20K LONG RUN</b>	3	4 <b>Race Pace</b> 8x1K @ Target Race Pace	5	6 <b>SPEEDUP</b> 1x8K Progress from EZ to FAST	7	8 <b>EASY</b> 5K Easy Run
9 <b>12K LONG RUN</b>	10	11 <b>GIDDYUP</b> 6K Run with 5 Accelerations	12	13 <b>EASY</b> 7K Easy Run	14	15 <b>JOG+</b> 5K Easy Run + 3 Accelerations
16 <b>Race Day!</b>	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					