


2025 Tokyo FULL Marathon

November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 14K LONG RUN	4	5 EASY 7K EASY RUN	6	7 JUST RUN 8K RUN	8 EASY 9K EASY RUN	9
10 16K LONG RUN	11	12 BUILD 3x3K EZ, Med, Strong	13	14 JUST RUN 8K RUN	15	16 EASY 7K EASY RUN
17 18K LONG RUN	18	19 1-2 Punch 6 x 1minHD 2minEZ 2minHD	20 BQ/PB 8K Easy Run	21 STEADY 8K STEADY RUN	22	23 TEMPO 6K TEMPO RUN
24 20K LONG RUN	25	26 BUILD 3x3K EZ, Med, Strong	27	28 The REID 50 Minutes of Rolling Hills	29 EASY 9K EASY RUN	30 

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December 2024

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




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January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 BUILDUP 3x3K Progress from EZ - Strong	3 EASY 6K Easy Run	4
5 26K LONG RUN	6	7 1 HOUR! As far as you can run in 60 minutes	8 BQ/PB 2x3200m Track In & Outs	9 The REID 50 Minutes of Rolling Hills	10	11 TEMPO 8K Tempo Run
12 28K LONG RUN	13	14 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	15	16 FARTLEKS 8K Choice of Interval Lengths	17 BQ/PB 11K Easy Run	18 EASY 6K Easy Run
19 30K LONG RUN	20	21 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	22	23 HILLS 8 Long Hill Repeats	24	25 TEMPO 10K Tempo Run
26 16K SPECIAL	27	28 12x90/90 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	

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February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 33K 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	7	8 TEST Test Marathon Meal & Gear
9 36K LONG RUN	10	11 FLUSH 8-10K Flush out the legs run	12 BQ/PB 2x3200m Track In & Outs	13 TRACK 4x4x400m 3 min b/w sets	14	15 EASY 9K Easy Run
16 20K LONG RUN	17	18 Race Pace 8x1K @ Target Race Pace	19	20 SPEEDUP 1x8K Progress from EZ to FAST	21	22 EASY 8K Easy Run
23 12K LONG RUN	24	25 GIDDYUP 6K Run with 5 Accelerations	26	27 EASY 7K Easy Run	28	

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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					