

2025 Toronto 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 8K 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 10K LONG RUN	25	26 EASY 7K EASY RUN	27	28 JUST RUN 8K RUN	29 EASY 5K EASY RUN	30 

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December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12K LONG RUN	2	3 EASY 7K EASY RUN	4	5 JUST RUN 8K RUN	6 BUILDUP 2x3K Progress from EZ - Fluid	7
8 12K 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 14K LONG RUN	23	24 RUN! 7-10K Get your legs and friends going!	25	26 JUST RUN 8K RUN	27 PB 5K STEADY RUN	28 EASY 6K EASY RUN
29 12K SPECIAL	30	31 1-2 Punch 5 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 5K Easy Run	4
5 14K 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 16K LONG RUN	13	14 2,3,4 KICK 3K+2x2,2,3,3,4,4 Min HD then EZ	15	16 STEADY 8K Steady Run	17	18 EASY 5K Easy Run
19 18K LONG RUN	20	21 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	22 EASY 6K Easy Run	23 HILLS 6 Long Hill Repeats	24	25 PB 6K Tempo Run
26 16K SPECIAL	27	28 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 PB 1 Hour Run Steady Pace	3 PYLONS 2-3K Plus 3 Sets	31 EASY 6K Easy Run	


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February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 16K 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 6 Long Hill Repeats	7	8 TEMPO 6K Tempo Run
9 12K LONG RUN	10	11 Slow&Long 10K Recovery Run	12	13 PYLONS 2-3K Plus 2.5 Sets	14 EASY 6K Easy Run	15
16 18K LONG RUN	17	18 2,3,4 KICK 3K+2x2,2,3,3,4,4 Min HD then EZ	19	20 BUILD 9K Build by 3K	21 EASY 6K Easy Run	22 PB 7K Tempo Run
23 16K SPECIAL	24	25 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 PB 1 Hour Run Steady Pace	27 HILLS 7 Long Hill Repeats	28	


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March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 TEMPO 6K Tempo Run
2 18K 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 PYLONS 2-3K Plus 3 Sets	7 EASY 8K Easy Run	8
9 14K LONG RUN	10	11 2,3,4 KICK 3K+2x2,2,3,3,4,4 Min HD then EZ	12	13 The REID 45 Minutes of Rolling Hills	14	15 EASY 8K Easy Run
16 20K LONG RUN	17	18 SPEEDUP 2x4K Progress from EZ to FAST	19	20 FARTLEKS 7K Choice of Interval Lengths	21 EASY 6K Easy Run	22 PB 8K Tempo Run
23 16K SPECIAL	24	25 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 PB 1 Hour Run Steady Pace	27 TRACK 3x4x400m 3 min b/w sets	28 EASY 7K Easy Run	29
30 20K LONG RUN	31					

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April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1 HOUR! As far as you can run in 60 minutes	2 PB 9K Build by 3K EZ, Med, Med+	3 TRACK 2x400m, 2x800m, 1200m, 2x400m	4	5 TEMPO 8K Tempo Run
6 22K LONG RUN	7	8 CUT DOWN 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9	10 TRACK 200,400,800,1200, 800,400,200	11 EASY 6K Easy Run	12 TEST Test Race Meal & Gear
13 24K LONG RUN	14	15 FLUSH 7K Flush out the legs run	16 PB 2x2400m Track In & Outs	17 TRACK 3x400m 2x1200m	18	19 EASY 7K Easy Run
20 14K LONG RUN	21	22 Race Pace 7x1K @ Target Race Pace	23	24 SPEEDUP 1x6K Progress from EZ to FAST	25	26 EASY 5K Easy Run
27 10K LONG RUN	28	29 GIDDYUP 6K Run with 5 Accelerations	30 EASY 6K Easy Run			

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May 2025

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