

Berlin Marathon 2025

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 START! 18K Long Run	16	17 EASY 7-8K Easy Run Meet w Friends!	18	19 JUST RUN 8K Run	20 EASY 5K Easy Run	21
22 20K Long Run	23	24 BUILDUP 2x4K Progress from EZ – Fluid	25	26 The REID 40 Minutes of Rolling Hills	27 EASY 6K Easy Run	28 BQ/PB 5K Tempo Run
29 22K Long Run	30					

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July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1 HOUR! As far as you can run in 60 minutes	2	3 TRILLS 7 Trail Hill Repeats	4 EASY 5K Easy Run	5
6 24K Long Run	7	8 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	9 BQ/PB 8K Easy Run	10 PYLONS 2-3K Plus 3 Sets	11	12 BUILDUP 2x3K Progress from EZ - Fluid
13 16K Special!	14	15 S-HILL'S 3K + 10 Hills + 3K	16 EASY 5K Easy Run	17 TEMPO 8K Tempo Run	18	19 BQ/PB 10K Easy Run
20 26K Long Run	21	22 PYRAMID 1,1-2,2-3,3-4,4-5,5-4,4-3,3-2,2-1,1 Hard then EZ	23	24 TRILLS 9 Trail Hill Repeats	25 EASY 6K Easy Run	26
27 28K Long Run Progression 2RP	28	29 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	30 BQ/PB 9K Easy Run	31 The REID 50 Minutes of Rolling Hills		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 7K Tempo Run
3 31K Long Run	4	5 1 HOUR! As far as you can run in 60 minutes	6	7 PYLONS 2-3K Plus 4 Sets	8 EASY 8K Easy Run	9 BQ/PB 9K Build by 3K Run
10 16K Special!	11	12 S-HILL'S 3K + 12 Hills + 3K	13 EASY 6K Easy Run	14 TRACK Whistle Workout with Dr. Stevil	15	16
17 33K Long Run To CN Tower!	18	19 12x90/90 90 sec @ 10K RP 90 sec Easy Jog	20 BQ/PB 12K Recovery Run	21 TRACK 4x400m, 2x800m, 1600m, 4x400m	22	23 TEMPO 8K Tempo Run
24 24K Long Run Progression 2RP	25	26 SPEEDUP 2x5K Progress from EZ to FAST	27 BQ/PB 10K run – last 5K@RacePace	28 TRACK 4x400m 4x1600m	29 EASY 9K Easy Run	30
31 36K Long Run Test Race Gear						

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September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 FLUSH 8K Flush out the legs run	3	4 FLOAT 12K Float On Run	5	6 TEMPO 8K Tempo Run
7 20K Long Run	8	9 Race Pace 8x1K @ Target Race Pace	10 BQ/PB 6K Easy Run	11 SPEEDUP 2x5K Progress from EZ to FAST	12	13 EASY 7K Easy Run
14 14K Long Run	15	16 GIDDYUP 6K Run with 5 Accelerations	17	18 EASY 8K Easy Run	19	20 JOG+ 5K Easy Run + 3 Accelerations
21 Race Day!	22	23	24	25	26	27
28	29	30				