

Dingle Half 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! 12K Long Run	16	17 EASY 6K Easy Run Meet w Friends!	18	19 JUST RUN 8K Run	20 EASY 6K Easy Run	21
22 14K Long Run	23	24 BUILDUP 2x3K Progress from EZ – Fluid	25	26 The REID 36 Minutes of Rolling Hills	27 EASY 6K Easy Run	28 PB 4K Tempo Run
29 16K 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 7K Easy Run	5
6 18K Long Run	7	8 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	9 PB 5K Easy Run	10 PYLONS 2-3K Plus 3 Sets	11	12 BUILDUP 2x4K Progress from EZ - Fluid
13 16K Special!	14	15 S-HILL'S 3K + 9 Hills + 3K	16 EASY 6K Easy Run	17 TEMPO 6K Tempo Run	18	19 PB 7K Easy Run
20 20K Long Run	21	22 PYRAMID 1,1-2,2-3,3-4,4-3,3- 2,2-1,1 Hard then EZ	23	24 TRILLS 8 Trail Hill Repeats	25 EASY 7K Easy Run	26
27 16K Long Run Progression 2RP	28	29 S-HILL'S 3K + 11 Hills + 3K	30 PB 6K Easy Run	31 The REID 45 Minutes of Rolling Hills		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 7K Tempo Run
3 22K Long Run	4	5 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	6	7 TRACK 3x400m, 2x800m, 1200m, 3x400m	8 EASY 6K Easy Run	9 PB 9K Build by 3K
10 16K Special!	11	12 SPEEDUP 2x5K Progress from EZ to FAST	13 EASY 8K Easy Run	14 TRACK Whistle Workout with Dr. Stevil	15	16
17 24K Long Run To CN Tower!	18	19 FLUSH 8K Flush out the legs run	20 PB 10K run – last 4K@RacePace	21 TRACK 4x400m 2x1600m	22	23 TEMPO 8K Tempo Run
24 14K Long Run	25	26 RacePace 6x1K @ Target Race Pace	27	28 SPEEDUP 2x5K Progress from EZ to FAST	29	30 EASY 6K Easy Run
31 10K Long Run						

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September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 GIDDYUP 5K Run with 5 Accelerations	3 EASY 6K Easy Run	4	5 JOG+ 5K Easy Run + 3 Accelerations	6 Race Day!
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				