

Georgina 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! 20K Long Run	16	17 EASY 8K Easy Run Meet w Friends!	18	19 JUST RUN 9K Run	20 EASY 7K Easy Run	21
22 22K Long Run	23	24 BUILDUP 2x5K Progress from EZ – Fluid	25	26 The REID 40 Minutes of Rolling Hills	27 EASY 8K Easy Run	28 BQ/PB 6K Tempo Run
29 24K 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 8 Trail Hill Repeats	4 EASY 6K Easy Run	5
6 26K Long Run	7	8 12x90/90 90 sec @ 10K RP 90 sec Easy Jog	9 BQ/PB 8K Easy Run	10 PYLONS 2-3K Plus 3 Sets	11	12 BUILDUP 2x4K Progress from EZ - Fluid
13 16K Special!	14	15 S-HILL'S 3K + 12 Hills + 3K	16 EASY 7K Easy Run	17 TEMPO 9K Tempo Run	18	19 BQ/PB 10K Easy Run
20 28K Long Run Progression 2RP	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 10 Trail Hill Repeats	25 EASY 8K Easy Run	26
27 30K Long Run	28	29 1-2 Punch 8 x 1minHD 2minEZ 2minHD 1minEZ	30 BQ/PB 9K Easy Run	31 TRACK 4x400m, 2x800m, 1600m, 4x400m		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 7K Tempo Run
3 33K Long Run	4	5 1 HOUR! As far as you can run in 60 minutes	6	7 PYLONS 4x400m 4x1600m	8 EASY 8K Easy Run	9 BQ/PB 10K Tempo 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 36K Long Run To CN Tower!	18	19 FLUSH 8K Flush out the legs run	20 BQ/PB 10K run – last 5K@RacePace	21 FLOAT 10K Float On Run	22	23 TEMPO 8K Tempo Run
24 20K Long Run	25	26 Race Pace 8x1K @ Target Race Pace	27	28 SPEEDUP 2x5K Progress from EZ to FAST	29	30 EASY 7K Easy Run
31 14K Long Run						

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September 2025

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