

Hamilton 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! 10K Long Run	16	17 EASY 6K Easy Run Meet w Friends!	18	19 JUST RUN 6K Run	20 EASY 5K Easy Run	21
22 10K Long Run	23	24 BUILDUP 2x3K Progress from EZ – Fluid	25	26 The REID 30 Minutes of Rolling Hills	27 EASY 5K Easy Run	28 PB 4K Tempo Run
29 12K 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 6 Trail Hill Repeats	4 EASY 5K Easy Run	5
6 12K Long Run	7	8 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	9 PB 5K Easy Run	10 PYLONS 2-3K Plus 2-3 Sets	11	12 BUILDUP 2x3K Progress from EZ - Fluid
13 12K Special!	14	15 S-HILL'S 3K + 7 Hills + 3K	16 EASY 5K Easy Run	17 TEMPO 6K Tempo Run	18	19 PB 7K Easy Run
20 14K 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 7 Trail Hill Repeats	25 EASY 5K Easy Run	26
27 14K Long Run	28	29 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	30 PB 6K Easy Run	31 The REID 40 Minutes of Rolling Hills		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 6K Tempo Run
3 16K Long Run	4	5 1 HOUR! As far as you can run in 60 minutes	6	7 PYLONS 2-3K Plus 3 Sets	8 EASY 5K Easy Run	9
10 16K Special!	11	12 S-HILL'S 3K + 10 Hills + 3K	13 EASY 6K Easy Run	14 TRACK Whistle Workout with Dr. Stevil	15	16 PB 6K Tempo Run
17 18K Long Run To CN Tower!	18	19 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	20 PB 9K Recovery Run	21 TRILLS 8 Trail Hill Repeats	22	23 TEMPO 6K Tempo Run
24 14K Long Run Progression 2RP	25	26 SPEEDUP 2x4K Progress from EZ to FAST	27 PB 8K Easy Run	28 The REID 40 Minutes of Rolling Hills	29 EASY 6K Easy Run	30
31 20K Long Run						

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September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 1 HOUR! As far as you can run in 60 minutes	3	4 PYLONS 2-3K Plus 3 Sets	5 PB 7K Easy Run	6 BUILDUP 2x3K Progress from EZ - Strong
7 16K Special!	8	9 S-HILL'S 3K + 10 Hills + 3K	10 EASY 6K Easy Run	11 TEMPO 7K Tempo Run	12	13
14 20K Long Run	15	16 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	17 PB 8K run – last 4K@RacePace	18 TRACK 2x400m, 2x800m, 1200m, 2x400m	19	20 TEMPO 6K Tempo Run
21 14K Long Run 5x Hard Efforts	22 PB 7K Flush out the legs run	23 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	24	25 IN & OUTS 2x2400m Track In & Outs	26 EASY 6K Easy Run	27
28 22K Long Run	29	30 Slow&Long 10K Recovery Run				

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October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 TRACK 3x400m 3x1200m	3	4 TEMPO 7K Tempo Run
5 16K Special!	6	7 1 HOUR! As far as you can run in 60 minutes	8 PB 2x2400m Track In & Outs	9 TRACK 4x400m 2x1600m	10 EASY 6K Easy Run	11
12 24K Long Run Test Race Gear	13	14 FLUSH 8K Flush out the legs run	15	16 FLOAT 9K Float On Run	17 EASY 6K Easy Run	18 PB 7K Tempo Run
19 14K Long Run	20	21 RacePace 6x1K @ Target Race Pace	22 PB 6K Easy Run	23 SPEEDUP 2x4K Progress from EZ to FAST	24	25 EASY 6K Easy Run
26 10K Long Run	27	28 GIDDYUP 5K Run with 5 Accelerations	29	30 EASY 6K Easy Run	31 EASY 5K Hallow-EZ Run	

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November 2025

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