

Niagara 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! 14K 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 16K 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 18K 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 18K Long Run	7	8 8x90/90 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 20K 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 22K Long Run	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 24K 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
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 BQ/PB 6K Tempo Run
17 26K Long Run To CN Tower!	18	19 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	20 BQ/PB 12K Recovery Run	21 TRILLS 10 Trail Hill Repeats	22	23 TEMPO 8K Tempo Run
24 28K Long Run Progression 2RP	25	26 SPEEDUP 2x5K Progress from EZ to FAST	27 BQ/PB 10K Easy Run	28 The REID 50 Minutes of Rolling Hills	29 EASY 9K Easy Run	30
31 30K 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 4 Sets	5 BQ/PB 10K Easy Run	6 BUILDUP 3x3K Progress from EZ - Strong
7 16K Special!	8	9 S-HILL'S 3K + 12 Hills + 3K	10 EASY 6K Easy Run	11 TRACK 4x400m, 2x800m, 1600m, 4x400m	12	13
14 31K Long Run Progression 2RP	15	16 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	17 BQ/PB 10K run – last 5K@RacePace	18 TRACK 3x400m 5x1200m	19	20 TEMPO 8K Tempo Run
21 24K Long Run 5x Hard Efforts	22 BQ/PB 8K Flush out the legs run	23 12x90/90 90 sec @ 10K RP 90 sec Easy Jog	24	25 IN & OUTS 2x3200m Track In & Outs	26 EASY 8K Easy Run	27
28 33K Long Run	29	30 Slow&Long 12K Recovery Run				

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October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BQ/PB 2x3200m Track In & Outs	2 TRACK 4x400m 4x1600m	3 EASY 6K Easy Run	4
5 36K Long Run Test Race Gear	6	7 FLUSH 8K Flush out the legs run	8	9 FLOAT 12K Float On Run	10	11 TEMPO 8K Tempo Run
12 20K Long Run	13	14 Race Pace 8x1K @ Target Race Pace	15 BQ/PB 6K Easy Run	16 SPEEDUP 2x5K Progress from EZ to FAST	17	18 EASY 7K Easy Run
19 14K Long Run	20	21 GIDDYUP 6K Run with 5 Accelerations	22	23 EASY 8K Easy Run	24	25 JOG+ 5K Easy Run + 3 Accelerations
26 Race Day!	27	28	29	30	31	