

Stavanger 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! 22K Long Run	16	17 EASY 8K Easy Run Meet w Friends!	18	19 JUST RUN 10K Run	20 EASY 8K Easy Run	21
22 24K Long Run	23	24 BUILDUP 2x5K Progress from EZ – Fluid	25	26 The REID 50 Minutes of Rolling Hills	27 EASY 8K Easy Run	28 BQ/PB 6K Tempo Run
29 26K 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 28K 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 9 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 TRACK 4x400m 4x1600m	8 EASY 8K Easy Run	9 BQ/PB 10K run – last 5K@RacePace
10 36K Long Run Test Race Gear	11	12 FLUSH 8K Flush out the legs run	13	14 TRACK Whistle Workout with Dr. Stevil	15	16 TEMPO 8K Tempo Run
17 21K Long Run	18	19 Race Pace 8x1K @ Target Race Pace	20 BQ/PB 6K Easy Run	21 SPEEDUP 2x5K Progress from EZ to FAST	22	23 EASY 7K Easy Run
24 14K Long Run	25	26 GIDDYUP 6K Run with 5 Accelerations	27 EASY 8K Easy Run	28	29 JOG+ 5K Easy Run + 3 Accelerations	30 Race Day!
31						