

2026 Fredericton Half Marathon

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 8K Long Run	3	4 EASY 7K Easy Run	5	6 JUST RUN 7K Run	7	8
9 8K Long Run	10	11 EASY REMEMBER A LOSS 7K	12	13 JUST RUN 7K Run	14 BONUS Run a bonus 5K!	15
16 8-10K Long Run	17	18 EASY 7K Easy Run	19	20 JUST RUN 8K Run	21	22
23 10K Long Run	24	25 BUILDUP 2x3K Progress from EZ – Fluid	26	27 EASY 7K Run	28	29 BONUS Run a bonus 5K!
30 10K Long Run						

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December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 EASY 7K Easy Run	3	4 JUST RUN 7K Run	5 BONUS Run a bonus 5K!	6
7 10K Long Run	8	9 EASY 7K Easy Run	10	11 LAUNCH 6-8K Easy Run	12 EASY 6K Easy Run	13 PB 6K BUILD Run
14 FIRST 10-12K Long Run	15	16 FRIENDS Join Others for 7K Run	17	18 LET'S GO! 8K Christmas Lights Run	19 EASY 7K Easy Run	20
21 13K Long Run	22	23 BUILDUP 2x3K Progress from EZ – Fluid	24 EASY 6K Easy Run	25	26 EASY 7K Easy Run	27
28 12K Special	29	30 The REID 30 Minutes of Rolling Hills	31			

2026 Fredericton Half Marathon

January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DUST-OFF 8K Dust-Off run	2	3 EASY 7K Easy Run
4 12K Long Run	5	6 1 HOUR! As far as you can run in 60 minutes	7 EASY 8K Easy Run	8 HILLS 6 Hill Repeats	9	10
11 14K Long Run	12	13 S-HILL'S 3K + 9 Hills + 3K	14 PB 8K Easy Run	15 JUST RUN 8K Easy Run	16	17 EASY 6K Easy Run
18 16K Long Run	19	20 6x90/90 90 sec @ 10K RP 90 sec Easy Jog	21	22 HILLS 6 Hill Repeats	23	24 TEMPO 6K Tempo Run GO!
25 16K Special	26	27 FARTLEKS Team or solo 8K	28 PB 6K Run with 2x3min @ RP	29 PYLONS 3 Sets	30	31 BUILDUP 2x3K Progress from EZ – Fluid
						

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February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 18K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 30 Minutes of Rolling Hills	6 EASY 6K Easy Run	7
8 16K Long Run Progression	9	10 S-HILL'S 3K + 10 Hills + 3K	11 PB 4K Easy, 4K Tempo	12 HILLS 7 Hill Repeats +	13	14 EASY 7K Easy Run
15 18K Long Run	16	17 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	18	19 PYLONS 3 Sets +	20	21 TEMPO 6K Tempo Run GO!
22 16K Special	23 EASY 5K Easy Run	24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	25 PB 9K Light Run	26 JUST RUN 9K Run	27	28
						

2026 Fredericton Half Marathon

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 20K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 30 Minutes of Rolling Hills	6 6x90/90 90 sec @ 10K RP 90 sec Easy Jog	7 NOTE! Clocks Ahead 1 Hour
8 14K Long Run With6K@RP	9	10 S-HILL'S 3K + 10 Hills + 3K	11 PB 9K Light Run	12 JUST RUN 9K Easy Run	13	14 EASY 5K Run with 4 accelerations
15 20K Long Run	16	17 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	18	19 FARTLEKS Team or solo 7K	20	21 TEMPO 7K Tempo Run GO!
22 16K Special	23	24 VO2 Max 10Min EZ + 3Min @ 95% X3	25 PB 10K Light Run	26 WHISTLE Whistle Track work w Dr. Stevil	27 EASY 7K Easy Run	28
29 20K Long Run	30	31 The REID 30 Minutes of Rolling Hills				

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April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 TRACK 3x400m + 3x1200m	3 EASY 6K Easy Run	4 PB 45 Minute Easy Run
5 RP DRILL 14K Long Run With 2x3K @RP	6	7 1 HOUR! As far as you can run in 60 minutes	8 EASY 7K Easy Run	9 IN & OUTS 2x2800m Track In & Outs	10	11
12 22K Long Run	13	14 VO2 Max 8Min EZ + 3Min @ 95% X4	15 PB 10K Light Run	16 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	17 EASY 8K Easy Run	18
19 24K Long Run	20	21 FLUSH 6K Flush out the legs run	22	23 TRACK 4x400m + 4x1200m	24	25 TEMPO 6K Tempo Run GO!
26 14K Long Run Last 3K@RP	27	28 Race Pace 6x1K @ Target Race Pace	29 PB 8K Easy Run	30 SPEEDUP 2x4K Progress from EZ to FAST		
						

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May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 EASY 6K Easy Run
3 10K Long Run	4	5 GIDDYUP 5K Run with 5 accelerations	6	7 EASY 6K Easy Run	8	9 JOG+ 4K Easy Run + 3 Accelerations
10 RACE!	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						