

2026 Rome Marathon

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 10-14K Long Run	3	4 EASY 7K Easy Run	5	6 JUST RUN 9K Run	7	8
9 10-14K Long Run	10	11 EASY REMEMBER A LOSS 7K	12 BQ/PB 10K Light Run	13 HILLYRUN 9K Run with rolling hills	14 EASY 10K Easy Run	15
16 16K Long Run	17	18 EASY 10K Easy Run	19	20 HILLS 8 Hill Repeats	21	22 TEMPO 6K Tempo Run
23 18K Long Run	24	25 BUILDUP 2x4K Progress from EZ – Fluid	26 BQ/PB 12K Light Run	27 HILLYRUN 9K Run with rolling hills	28	29 EASY 10K Easy Run
30 16K Special						

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December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 1 HOUR! As far as you can run in 60 minutes	3	4 HILLS 9 Hill Repeats	5 EASY 9K Easy Run	6
7 20K Long Run	8	9 S-HILL'S 3K + 10 Hills + 3K	10	11 LAUNCH 8K Easy Run	12 EASY 10K Easy Run	13 BQ/PB 9K BUILD by 3K EZ. Med. Fast
14 FIRST 22K Long Run	15	16 FRIENDS Join Others for 7-8K Run	17	18 LET'S GO! 8K Christmas Lights Run	19 EASY 7K Easy Run	20
21 24K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24 EASY 8K Easy Run	25	26 EASY 8K Easy Run	27
28 16K Special	29	30 The REID 40 Minutes of Rolling Hills	31 BQ/PB 6K Tempo Run			

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January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DUST OFF 8-10K Dust-Off run	2	3 EASY 8K Easy Run
4 24K Long Run	5	6 1 HOUR! As far as you can run in 60 minutes	7 EASY 8K Easy Run	8 HILLS 10 Hill Repeats	9	10 BQ/PB 8K Build Run
11 26K Long Run	12	13 S-HILL'S 3K + 10 Hills + 3K	14 BQ/PB 10K Easy Run	15 PYLONS 4 Sets	16	17 EASY 8K Easy Run
18 28K Long Run	19	20 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	21	22 HILLS 10 Hill Repeats	23	24 TEMPO 8K Tempo Run GO!
25 16K Special	26	27 FARTLEKS Team or solo 8K	28 BQ/PB 8K Run with 2x4min @ RP	29 PYLONS 4 Sets	30	31 BUILDUP 2x4K Progress from EZ – Fluid
						

2026 Rome Marathon

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 30K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 50 Minutes of Rolling Hills	6 EASY 9K Easy Run	7
8 24K Long Run	9	10 S-HILL'S 3K + 12 Hills + 3K	11 BQ/PB 4K Easy, 4K Tempo	12 FARTLEKS 10K Team or solo	13	14 EASY 9K Easy Run
15 33K Long Run	16	17 1-2 Punch 8 x 1minHD 2minEZ 2minHD 1minEZ	18	19 IN & OUTS Warmup plus 2x3200m	20	21 TEMPO 8K Tempo Run GO!
22 16K Special	23 EASY 7K Easy Run	24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	25 BQ/PB 11K Light Run	26 TRACK 3x400m + 5x1200m	27	28
						

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March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 36K Long Run	2	3 FLUSH 8K Flush out the legs run	4	5 Yasso800 8x800 w equal time recovery	6 EASY 9K Easy Run	7 NOTE! Clocks Ahead 1 Hour
8 20K Long Run	9	10 Race Pace 8x1K @ Target Race Pace	11 BQ/PB 9K Light Run	12 SPEEDUP 2x5K Progress from EZ to FAST	13	14 EASY 45 Minute Easy Run
15 14K Long Run	16	17 GIDDYUP 6K Run with 5 accelerations	18	19 EASY 6-8K Easy Run	20	21 JOG+ 4K Easy Run + 3 Accelerations
22 RACE!	23	24	25	26	27	28
29	30	31				