

2026 Toledo Marathon

November 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

To set a PB at the finish line of this marathon, run all of the PB workouts, PLUS add strength exercises 2x/week including MONDAYS. For the 16K Special, you may consider making these 20K runs with a 4K warmup before the group starts. Easy Runs should stay EASY, but rolling hills during these easy miles will help build leg strength and improve recovery - picture early Northshore rollers. Long Flat runs will help for this race course.

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 JUST RUN 9K Run	14 EASY 10K Easy Run	15
16 12K Long Run	17	18 EASY 9K Easy Run	19	20 JUST RUN 10K Run	21	22 TEMPO 6K Tempo Run
23 14K 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 15K 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 8K Run	5 BONUS Run a bonus 5K!	6
7 14K Long Run	8	9 EASY 7K Easy Run	10	11 LAUNCH 6-8K Easy Run	12 EASY 6K Easy Run	13 BQ/PB 6K BUILD Run
14 FIRST 14-16K 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 14-18K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24 EASY 6K 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 20K Long Run	5	6 1 HOUR! As far as you can run in 60 minutes	7 EASY 8K Easy Run	8 HILLS 7 Hill Repeats	9	10 BQ/PB 8K Build Run
11 16K Long Run Last 6K @RP	12	13 S-HILL'S 3K + 10 Hills + 3K	14 BQ/PB 10K Easy Run	15 PYLONS 3 Sets	16	17 EASY 8K Easy Run
18 22K Long Run Progression	19	20 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	21	22 HILLS 9 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
						

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February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 24K 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 26K Long Run	9	10 S-HILL'S 3K + 12 Hills + 3K	11 BQ/PB 4K Easy, 4K Tempo	12 HILLS 10 Hill Repeats +	13	14 EASY 9K Easy Run
15 28K Long Run Progression	16	17 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	18	19 PYLONS 4 Sets +	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 JUST RUN 12K Run	27	28
						

2026 Toledo Marathon

March 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 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	7 NOTE! Clocks Ahead 1 Hour
8 RP DRILL 24K Long Run With 2x5K @RP	9	10 S-HILL'S 3K + 12 Hills + 3K	11 BQ/PB 11K Light Run	12 Yasso800 8x800 w equal time recovery	13	14 EASY 6K Run with 5 accelerations
15 32K Long Run	16	17 VO2 Max 11Min EZ + 4Min @ 95% X3	18	19 TRACK 3x400m + 5x1200m	20 BQ/PB 8x1K @ Target Race Pace	21 TEMPO 9K Tempo Run GO!
22 16K Special	23	24 VO2 Max 8Min EZ + 4Min @ 95% X4	25 BQ/PB 12K Light Run	26 WHISTLE Whistle Track work w Dr. Stevil	27 EASY 9K Easy Run	28
29 34K Long Run 12-20K@RP	30	31 EASY 10K Easy Run				

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April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 TRACK 4x400m + 4x1600m	3 EASY 8K Easy Run	4
5 37K Long Run	6	7 FLUSH 8K Flush out the legs run	8 BQ/PB 12K Light Run	9 Yasso800 10x800 w equal time recovery	10	11 TEMPO 10K Tempo Run GO!
12 20K Long Run Last 3K@RP	13	14 Race Pace 8x1K @ Target Race Pace	15 BQ/PB 9K Easy Run	16 SPEEDUP 2x5K Progress from EZ to FAST	17	18 EASY 45 Minute Easy Run
19 14K Long Run	20	21 GIDDYUP 6K Run with 5 accelerations	22	23 EASY 7K Easy Run	24	25 JOG+ 4K Easy Run + 3 Accelerations
26 RACE!	27	28	29	30		
						