



Copenhagen 1/2 2026 June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Let's Go! 8K Social Run	19	20 EASY 5K Easy Run
21 START! 12K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24	25 HILLS 6 Hill Repeats Road or Trail	26 EASY 6K Easy Run	27
28 14K Long Run	29	301- 2Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				

Copenhagen 1/2 2026 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 8 Hill Repeats Road or Trail	3 EASY 7K Easy Run	4
5 14K Long Run with 5x2Min HD	6	7 8K Test Race an 8K to set your mark	8 PB 8K Easy Run – No Watch	9 PYLONS 3 Sets of Pylons	10	11 TEMPO 30 Minute Tempo Run!!
12 12K Special	13 EASY 6K Easy Run	14 S-HILL'S 3K + 8 Hills + 3K	15	16 HILLS 9 Hill Repeats Road or Trail	17 PB 6K Easy Run	18
19 16K Long Run	20	21 VO2 Max 9Min EZ + 3Min @ 95% X3	22	23 The REID 40 Minutes of Rolling Hills	24 EASY 8K Easy Run	25
26 18K Long Run	27	28 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 PB 7K Easy Run	30 PYLONS 3 Sets of Pylons	31	

Copenhagen 1/2 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 9K Easy Run
2 20K Long Run	3	4 8K Test 8K Race on same course	5 PB 7K Easy Run – No Watch	6 YASSO 6x800m equal recovery time	7	8 TEMPO 40 Minute Tempo Run!!
9 16K Special	10 EASY 6k Easy Run	11 S-HILL'S 3K + 10 Hills + 3K	12	13 TRACK 4x1K PROG. Mar, 1/2, 10K, 5K With Dr. Steve	14 PB 7K Easy Run	15
16 22K Long Run	17	18 VO2 Max 7Min EZ + 3Min @ 95% X4	19 EASY 6K Easy Run	20 YASSO 8x800m equal recovery time	21	22 PB Easy 7K Run
23 16K Progress to RP	24	25 9x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 PROG 7K Progress from EZ to RP	27 TRACK Whistle Workout #1 with Dr. Steve	28	29
30 24K Long Run	31					

Copenhagen 1/2 2026 September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 FLUSH 8K Flush out the legs run	2 PB 8K Easy Run – No Watch	3 TRACK 4x1K PROG. Mar, 1/2, 10K, 5K With Dr. Steve	4	5 EASY 6K Easy Run
6 14K Long with 4K@RP	7	8 Race Pace 6x1K @ Target Race Pace	9 PB 7K Easy Run	10 SPEEDUP 2x4K Progress from EZ to FAST	11	12 EASY 6K Easy Run
13 10K Long Run	14	15 Taper Break 6K Run with 5 accelerations	16	17 EASY 6K Easy Run	18	19 JOG+ 4K Easy Run + 3 Accelerations
20 RACE DAY!	21	22	23	24	25	26
27	28	29	30			