



Georgina Marathon 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 5-6K Easy Run
21 START! 20K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24	25 HILLS 7 Hill Repeats Road or Trail	26 EASY 7K Easy Run	27
28 22K Long Run	29	30 1-Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				

Georgina Marathon 2026 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 9 Hill Repeats Road or Trail	3 EASY 9K Easy Run	4
5 24K Long with 2x3K@RP	6	7 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	8 BQ/PB 8K Easy Run – No Watch	9 PYLONS 3 Sets of Pylons	10	11 TEMPO 45 Minute Tempo Run!!
12 16K Special	13 EASY 6K Easy Run	14 S-HILL'S 3K + 10 Hills + 3K	15	16 HILLS 10 Hill Repeats Road or Trail	17 BQ/PB 6-7K Easy Run	18
19 27K Long Run	20	21 VO2 Max 11Min EZ + 4Min @ 95% X3	22	23 The REID 50 Minutes of Rolling Hills	24 EASY 8K Easy Run	25
26 29K Progress to Race Pace	27	28 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 BQ/PB 7K Easy Run	30 PYLONS 4 Sets of Pylons	31	

Georgina Marathon 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 9K Easy Run
2 30K Long Run	3	4 VO2 Max 8Min EZ + 4Min @ 95% X4	5 BQ/PB 10K Easy Run – No Watch	6 YASSO 8x800m equal recovery time	7	8 TEMPO 50 Minute Tempo Run!!
9 16K Special	10 EASY 6k Easy Run	11 S-HILL'S 3K + 12 Hills + 3K	12	13 TRACK 5x1K PROG. Mar,1/2,10K,5K,3K With Dr. Steve	14 BQ/PB 10K Easy Run – No Watch	15
16 33K Long with 15-24K@RP	17	18 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	19 PROG 8K Progress from EZ to RP	20 YASSO 10x800m equal recovery time	21	22
23 37K Long Run	24	25 FLUSH 8K Flush out the legs run	26 BQ/PB 4K Easy + 6K@RP	27 TRACK Whistle Workout #1 with Dr. Steve	28	29 EASY 6K Easy Run
30 20K Long with 3K@RP	31					

Georgina Marathon 2026 September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Race Pace 8x1K @ Target Race Pace	2 BQ/PB 10K Easy Run – No Watch	3 SPEEDUP 2x5K Progress from EZ to FAST	4	5 EASY 6-8K Easy Run
6 14K Taper Run	7	8 Taper Break 7K Run with 6 accelerations	9	10 EASY 6-8K Easy Run	11	12 JOG+ 4K Easy Run + 3 Accelerations
13 RACE DAY!	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			