



# Hamilton 1/2 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 <b>Let's Go!</b> 8K Social Run	19	20 <b>EASY</b> 5K Easy Run
21 <b>START!</b> 10K Long Run	22	23 <b>BUILDUP</b> 2x4K Progress from EZ – Fluid	24	25 <b>DUST-OFF</b> 8K Shake the Dust-Off run	26 <b>EASY</b> 6K Easy Run	27
28 12K Long Run	29	30 <b>1-2Punch</b> WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				

# Hamilton 1/2 Marathon 2026 July

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


# Hamilton 1/2 Marathon 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>EASY</b> 9K Easy Run
2 <b>16K Long Run</b>	3	4 <b>8K TEST</b> 8K Race on same course	5 <b>PB</b> 7K Easy Run – No Watch	6 <b>HILLS</b> 10 Hill Repeats Road or Trail	7	8 <b>TEMPO</b> 40 Minute Tempo Run!!
9 <b>16K Special</b>	10 <b>EASY</b> 6k Easy Run	11 <b>S-HILL'S</b> 3K + 10 Hills + 3K	12	13 <b>TRACK</b> 4x1K PROG. Mar, 1/2, 10K, 5K With Dr. Steve	14 <b>PB</b> 7K Easy Run	15
16 <b>18K Long Run</b>	17	18 <b>EASY</b> 8K Easy Run	19 <b>PROG</b> 7K Progress from EZ to RP	20 <b>PYLONS</b> 4 Sets of Pylons	21	22 <b>BUILD</b> Wu+ 3x3K Loop. Mara, 1/2, 10K
23 <b>16K Progress to RP</b>	24	25 <b>VO2 Max</b> 9Min EZ + 3Min @ 95% X3	26 <b>PB</b> 4K Easy + 3K@RP	27 <b>TRACK</b> Whistle Workout #1 with Dr. Steve	28	29 <b>EASY</b> 6K Easy Run
30 <b>20K Long Run</b>	31					

# Hamilton 1/2 Marathon 2026 September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>8K TEST</b> 8K Race on same course	2 <b>PB</b> 8K Easy Run – No Watch	3 <b>TRACK</b> 4x1K PROG. Mar, 1/2, 10K, 5K With Dr. Steve	4	5 <b>TEMPO</b> 40 Minute Tempo Run!!
6 <b>16K Special</b>	7	8 <b>S-HILL'S</b> 3K + 10 Hills + 3K	9 <b>EASY</b> 12K Medium Long Run	10 <b>YASSO</b> 6x800m equal recovery time	11	12 <b>PB</b> 45 Minute Hilly Run. Trails?
13 <b>20K Long Run</b>	14	15 <b>The REID</b> 40 Minutes of Rolling Hills	16	17 <b>BUILD</b> Wu+ 3x3K Loop. Mara, 1/2, 10K	18	19 <b>TEMPO</b> 35 Minute Tempo Run!!
20 <b>16K Long with 2x3K@RP</b>	21	22 <b>VO2 Max</b> 7Min EZ + 3Min @ 95% X4	23 <b>PB</b> 7K Easy Run	24 <b>TRACK</b> Whistle Workout #2 with Dr. Steve	25 <b>EASY</b> 6K Easy Run	26
27 <b>22K Long Run</b>	28	29 <b>EASY</b> 7K Easy Run	30			

# Hamilton 1/2 Marathon 2026 October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1 IN &amp; OUTS</b> 2x2400m Track In & Outs	2	<b>3 TEMPO</b> 40 Minute Tempo Run!!
<b>4</b> <b>16K Special</b>	5	<b>6 8K Test</b> 8K Race on same course	<b>7 EASY</b> 7K Easy Run	<b>8 S-HILL'S</b> 3K + 10 Hills + 3K	9	10
<b>11</b> <b>24K Long Run</b>	12	<b>13 FLUSH</b> 8K Flush out the legs run	<b>14 PB</b> 8K Easy Run – No Watch	<b>15 YASSO</b> 8x800m equal recovery time	16	<b>17 TEMPO</b> 30 Minute Tempo Run!!
<b>18</b> <b>14K Long with</b> <b>4K@RP</b>	19	<b>20 Race Pace</b> 6x1K @ Target Race Pace	<b>21 PB</b> 8K Easy Run	<b>22 SPEEDUP</b> 2x4K Progress from EZ to FAST	23	<b>24 EASY</b> 5K Easy Run
<b>25</b> <b>10K Taper Run</b>	26	<b>27 Taper Break</b> 6K Run with 5 accelerations	28	<b>29 EASY</b> 6K Easy Run	30	<b>31 JOG+</b> 4K Easy Run + 3 Accelerations

# Hamilton 1/2 Marathon 2026 November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
1 <b>RACE DAY!</b>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					