



IM Italy RUN ONLY 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
21 START! 20K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24	25 DUST-OFF 8-10K Shake the Dust-Off run	26	27
28 21K Long Run	29	301- 2Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				

IM Italy RUN ONLY 2026 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 7 Hill Repeats Road or Trail	3	4
5 24K Long Run	6	7 10K TEST Race a 10K to set your mark	8	9 PYLONS 3 Sets of Pylons	10	11 TEMPO 40 Minute Tempo Run!!
12 16K Special	13	14 S-HILL'S 3K + 10 Hills + 3K	15	16 HILLS 9 Hill Repeats Road or Trail	17	18
19 26K Long Run	20	21 1-2Punch WU + 8 sets of: 1Min HD 2 EZ 2Min HD 1 EZ	22	23 The REID 40 Minutes of Rolling Hills	24	25
26 24K Long with 4x2minHD	27	28 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	29	30 PYLONS 4 Sets of Pylons	31	

IM Italy RUN ONLY 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 28K Long Run	3	4 10K TEST 10K Race on same course	5	6 HILLS 10 Hill Repeats Road or Trail	7	8 TEMPO 40 Minute Tempo Run!!
9 16K Special	10	11 S-HILL'S 3K + 12 Hills + 3K	12	13 TRACK 5x1K PROG. Mar, 1/2, 10K, 5K, 3K With Dr. Steve	14	15
16 30K Long Run	17	18 EASY 10K Easy Run	19	20 YASSO 8x800m equal recovery time	21	22
23 22K Long Run Neg. Split	24	25 VO2 Max 11Min EZ + 4Min @ 95% X3	26	27 TRACK Whistle Workout #1 with Dr. Steve	28	29
30 32K Long Run	31					

IM Italy RUN ONLY September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10K TEST 10K Race on same course	2	3 TRACK 5x1K PROG. Mar, 1/2, 10K, 5K, 3K With Dr. Steve	4	5
6 21K Long Run	7	8 VO2 Max 8Min EZ + 4Min @ 95% X4	9	10 YASSO 10x800m equal recovery time	11	12
13 16K Long Run	14	15 TaperBreak 7K Run with 6 accelerations	16	17 EASY 6K Easy Run	18	19 EASY 3-5K Easy Run
20 RACE DAY!	21	22	23	24	25	26
27	28	29	30			