



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


Niagara 1/2 Marathon 2026 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 6 Hill Repeats Road or Trail	3 EASY 7K Easy Run	4
5 12K Long Run	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 8 Hill Repeats Road or Trail	17 PB 6K Easy Run	18
19 14K Long Run	20	21 1-2Punch WU + 7 sets of: 1Min HD 2 EZ 2Min HD 1 EZ	22	23 The REID 40 Minutes of Rolling Hills	24 EASY 8K Easy Run	25
26 14K Long with 5x2Min HD	27	28 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 PB 7K Easy Run	30 PYLONS 3 Sets of Pylons	31	


Niagara 1/2 Marathon 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 9K Easy Run
2 16K Long Run	3	4 8K TEST 8K Race on same course	5 PB 7K Easy Run – No Watch	6 HILLS 10 Hill Repeats Road or Trail	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 18K Long Run	17	18 EASY 8K Easy Run	19 PROG 7K Progress from EZ to RP	20 PYLONS 4 Sets of Pylons	21	22 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K
23 16K Progress to RP	24	25 VO2 Max 9Min EZ + 3Min @ 95% X3	26 PB 4K Easy + 3K@RP	27 TRACK Whistle Workout #1 with Dr. Steve	28	29 EASY 6K Easy Run
30 20K Long Run	31					

Niagara 1/2 Marathon 2026 September

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

Niagara 1/2 Marathon 2026 October

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