



PEC 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! 18-20K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24	25 DUST-OFF 8-10K Shake the Dust-Off run	26 EASY 7K Easy Run	27
28 21K Long Run	29	30 1-2Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				


PEC Marathon 2026 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 HILLS 7 Hill Repeats Road or Trail	3 EASY 9K Easy Run	4
5 24K Long Run	6	7 10K TEST Race a 10K to set your mark	8 BQ/PB 8K Easy Run – No Watch	9 PYLONS 3 Sets of Pylons	10	11 TEMPO 40 Minute Tempo Run!!
12 16K Special	13 EASY 6K Easy Run	14 S-HILL'S 3K + 10 Hills + 3K	15	16 HILLS 9 Hill Repeats Road or Trail	17 BQ/PB 6-7K Easy Run	18
19 27K 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 EASY 8K Easy Run	25
26 24K Long with 2x3K@RP	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	

PEC Marathon 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 9K Easy Run
2 30K Long Run	3	4 10K TEST 10K Race on same course	5 BQ/PB 10K 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 + 12 Hills + 3K	12	13 TRACK 5x1K PROG. Mar, 1/2, 10K, 5K, 3K With Dr. Steve	14 BQ/PB 7-8K Easy Run	15
16 32K Long Run	17	18 EASY 10K Easy Run	19 PROG 8K Progress from EZ to RP	20 YASSO 8x800m equal recovery time	21	22 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K
23 24K Progress to Race Pace	24	25 VO2 Max 11Min EZ + 4Min @ 95% X3	26 BQ/PB 4K Easy + 6K@RP	27 TRACK Whistle Workout #1 with Dr. Steve	28	29 EASY 6K Easy Run
30 34K Long with 12-20K@RP	31					

PEC Marathon 2026 September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10K TEST 10K Race on same course	2 BQ/PB 10K Easy Run – No Watch	3 TRACK 5x1K PROG. Mar, 1/2, 10K, 5K, 3K With Dr. Steve	4	5 TEMPO 40 Minute Tempo Run!!
6 16K Special	7	8 VO2 Max 8Min EZ + 4Min @ 95% X4	9 EASY 15K Medium Long Run	10 YASSO 10x800m equal recovery time	11	12 BQ/PB 45 Minute Hilly Run. Trails?
13 37K Long Run	14	15 FLUSH 8K Flush out the legs run	16	17 BUILD Wu+ 3x4K Loop. Mara, 1/2, 10K	18	19 TEMPO 40 Minute Tempo Run!!
20 20K Long with 3K@RP	21	22 Race Pace 8x1K @ Target Race Pace	23 BQ/PB 10K Easy Run – No Watch	24 SPEEDUP 2x5K Progress from EZ to FAST	25	26 EASY 6-8K Easy Run
27 14K Taper Run	28	29 Taper Break 7K Run with 6 accelerations	30			

PEC Marathon 2026 October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 EASY 6-8K Easy Run	2	3 JOG+ 4K Easy Run + 3 Accelerations
4 RACE DAY!	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	31