



Petit Train du Nord 1/2 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 | 301- 2Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ | | | |  |


Petit Train du Nord 1/2 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 14K 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 with 5x2Min HD | 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 16K Long Run | 27 | 28 7x90/90 90 sec @ 10K RP 90 sec Easy Jog | 29 PB 7K Easy Run | 30 PYLONS 3 Sets of Pylons | 31 |  |

Petit Train du Nord 1/2 2026 August

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|-------------------------------|--|---|--|-----------------------------|---|
| | | | | | | 1 EASY 9K Easy Run |
| 2 18K 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 20K Long Run | 17 | 18 EASY 8K Easy Run | 19 PROG 7K Progress from EZ to RP | 20 YASSO 6x800m equal recovery time | 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 22K Long Run | 31 | | | | |  |

Petit Train du Nord ½ 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 VO2 Max 7Min EZ + 3Min @ 95% X4 | 9 EASY 12K Medium Long Run | 10 YASSO 8x800m equal recovery time | 11 | 12 PB 45 Minute Hilly Run. Trails? |
| 13 24K Long Run | 14 | 15 FLUSH 8K Flush out the legs run | 16 | 17 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K | 18 | 19 TEMPO 35 Minute Tempo Run!! |
| 20 14K Long with 4K@RP | 21 | 22 Race Pace 6x1K @ Target Race Pace | 23 PB 7K Easy Run | 24 SPEEDUP 2x4K Progress from EZ to FAST | 25 | 26 EASY 6K Easy Run |
| 27 10K Long Run | 28 | 29 Taper Break 6K Run with 5 accelerations | 30 | | |  |

Petit Train du Nord 1/2 2026 October

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---------|-----------|------------------------------|--|--------------------|
|  | | | | 1 EASY 6K Easy Run | 2 JOG+ 4K Easy Run + 3 Accelerations | 3 RACE DAY! |
| | 4 | 5 | 6 | 7 | 8 | 9 |
| | 11 | 12 | 13 | 14 | 15 | 16 |
| | 18 | 19 | 20 | 21 | 22 | 23 |
| | 25 | 26 | 27 | 28 | 29 | 30 |