

Rome 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				


Rome 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	9 PYLONS 3 Sets of Pylons	10	11 EASY 30 Minute Easy 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	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 Run	27	28 EASY 8K Easy Run – No Watch	29	30 PYLONS 3 Sets of Pylons	31	


Rome 1/2 Marathon 2026 August

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

Rome 1/2 Marathon 2026 September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8K TEST 8K Race on same course	2	3 TRACK 3x1K PROG. Mar,1/2,10K With Dr. Steve	4	5 EASY 40 Minute Easy Run
6 16K Special	7	8 S-HILL'S 3K + 10 Hills + 3K	9 EASY 10K Medium Long Run	10 YASSO 6x800m equal recovery time	11	12
13 22K Long Run	14	15 The REID 40 Minutes of Rolling Hills	16	17 BUILD Wu+ 3x3K Loop. Mara,1/2,10K	18	19 EASY 35 Minute Easy Run
20 14K Long Run	21	22 EASY 8K Easy Run – No Watch	23	24 TRACK Whistle Workout #2with Dr. Steve	25 EASY 6K Easy Run	26
27 22K Long Run	28	29 FLUSH 8K Flush out the legs run	30			

Rome 1/2 Marathon 2026 October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 YASSO 8x800m equal recovery time	2	3 TEMPO 30 Minute Tempo Run!!
4 12K Long Run	5	6 EASY 6K Easy Run – No Watch	7	8 SPEEDUP 2x4K Progress from EZ to FAST	9	10 EASY 5K Easy Run
11 10K Taper Run	12	13 Taper Break 6K Run with 5 accelerations	14	15 EASY 6K Easy Run	16	17 JOG+ 4K Easy Run + 3 Accelerations
18 RACE DAY!	19	20	21	22	23	24
25	26	27	28	29	30	31