



Toronto 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! 16-18K 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 20K Long Run	29	30 1-2Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				


Toronto 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 22K 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 24K 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 21K Long with 5K@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	


Toronto Marathon 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 9K Easy Run
2 27K Progress to Race Pace	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 30K Long Run	17	18 EASY 10K Easy Run	19 PROG 8K Progress from EZ to RP	20 PYLONS 4 Sets+	21	22 BUILD Wu+ 3x3K Loop. Mara, 1/2, 10K
23 24K Long with 2x5K@RP	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 32K Long Run	31					

Toronto 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 S-HILL'S 3K + 12 Hills + 3K	9 EASY 15K Medium Long Run	10 YASSO 8x800m equal recovery time	11	12 BQ/PB 45 Minute Hilly Run. Trails?
13 34K Long with 12-20K@RP	14	15 The REID 50 Minutes of Rolling Hills	16	17 BUILD Wu+ 3x4K Loop. Mara, 1/2, 10K	18	19 TEMPO 50 Minute Tempo Run!!
20 21K Long with 10K@RP	21	22 VO2 Max 8Min EZ + 4Min @ 95% X4	23 BQ/PB 8K Easy Run	24 TRACK Whistle Workout #2 with Dr. Steve	25 EASY 9K Easy Run	26
27 37K Long Run	28	29 FLUSH 8K Flush out the legs run	30			

Toronto Marathon 2026 October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 YASSO 10x800m equal recovery time	2	3 TEMPO 40 Minute Tempo Run!!
4 20K Long with 3K@RP	5	6 Race Pace 8x1K @ Target Race Pace	7 BQ/PB 10K Easy Run – No Watch	8 SPEEDUP 2x5K Progress from EZ to FAST	9	10 EASY 6-8K Easy Run
11 14K Taper Run	12	13 Taper Break 7K Run with 6 accelerations	14	15 EASY 6-8K 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