

NOVEMBER 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5		6		7	
8		9		10		11		12		13		14	
14	Recovery	15	Easy	16	Easy	17	Recovery	18	Tempo	19	Recovery	20	Long Run
35 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace + 6 x 100 meter Striders		Recovery 30 minutes easy pace		10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		9 miles or 90 minutes 6 x 100 meter Striders	
21	Recovery	22	Easy	23	Intervals	24	Recovery	25	Fartlek	26	Recovery	27	Long Run
30 minutes easy pace		35 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		25 minutes easy pace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		30 minutes easy pace		10 miles or 2 hours + 6 x 100 meter Striders	
28	Recovery or rest	29	Easy	30	Intervals							LIFETIME MIAMI MARATHON  AND HALF	
30 minutes easy pace		40 minutes easy pace 8 x 100M Striders		10 minutes easy run 2 x 200 meter (3 minute jog between each) 4 x 400 meter (3 minute jog between each) 4 x 800 meter (5 minute jog between each) 10 minute easy run									

DECEMBER 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1	Recovery	2	Fartlek	3	Recovery	4	Long Run
							30 minutes easy pace		Fartlek 10 minutes easy + 10 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		30 minutes easy pace		12 miles or 140 minutes + 6 x 100 meter Striders
5	Recovery	6	Easy	7	Intervals	8	Recovery	9	Long Intervals	10	Recovery	11	Long Run
	25 minute easy pace		40 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 8 x 400 meter 3 minutes jog/rest between each repetition 10 minutes easy run		35 minutes easy pace		15 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		35-40 minutes easy pace		13 or 140 minutes + 6 x 100 meter Striders
12	Recovery	13	Easy	14	Intervals	15	Recovery	16	Long Intervals	17	Recovery	18	Long Run
	30 minutes easy pace		35 minutes easy pace + 8 x 100 meter Striders		15 minutes easy run 10 x 400 meter 3 minutes jog/rest between each repetition 15 minutes easy run		30 minutes easy pace		15 minutes easy run 4 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		20-25 minutes easy pace		13 miles or 120 minutes + 6 x 100 meter Striders
19	Recovery	20	Easy	21	Intervals	22	Recovery	23	Tempo	24	Recovery or rest	25	Long Run
	25-30 minutes easy pace		40 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 1KM 4 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		5 minutes easy + 25 minutes tempo pace + 5 minutes easy 8 x 100 meter Striders		25 minutes easy pace		14 miles+ 6 x 100 meter Striders
26	Recovery	27	Easy	28	Intervals	29	Recovery	30	Tempo	31	Recovery or rest		
	30 minutes easy pace		Recovery 45 minutes easy pace + 10 x 100 meter Striders		10 minutes easy pace 1200 meter x 1 1000 meter x 1 800 meter x 1 400 meter x 2 200 meter x 2 Rest between each interval 10 minutes easy pace		40 minutes easy pace		5 minutes easy pace 30 minutes tempo pace 5 minutes easy pace 10 x 100 meter Striders		25 minutes easy pace		

JANUARY 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
												1	Long Run
												16 miles 6 x 100 meter Striders	
2	Recovery	3	Easy	4	Intervals	5	Recovery	6	Fartlek	7	Recovery	8	Long Run
30 minutes easy pace		50 minutes easy pace 10 x 100 meter Striders		12 x 400 meter 3 minutes jog/rest between each repetition 4 x 200 meter 2 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		5 minutes easy 12 x 90 seconds hard effort, 2-minute easy jog between each 5 minutes easy 10 x 100 meter Striders		25 minutes easy pace		18 miles + 8 x 100 meter Striders	
9	Recovery	10	Easy	11	Intervals	12	Recovery	13	Intervals	14	Recovery	15	Long Run
25 minutes easy pace		45 minutes easy pace + 12 x 100 meter Striders		50 minutes easy pace 12 x 100 meter Striders		30 minutes easy pace		10 minutes easy run 6 x 1KM (progressively get faster with each rep) 4 minutes jog/rest between each repetition 10 minutes easy run		25 minutes easy pace		22 miles 6 x 100 meter Striders	
16	Recovery	17	Easy	18	Intervals	19	Recovery	20	Tempo	21	Recovery or Rest	22	Long Run
30-40 minute easy pace		60 minutes easy pace 12 x 100 meter Striders		20 minutes easy pace 1 x 1 Mile, rest the total time it took you to complete mile 2 x 800 meter, rest/jog 4 min between each rep 2 x 400 meter, rest/jog 4 min between each rep 4 x 200 meter, rest/jog 2 min between each rep 20 minutes easy jog		25 minutes easy pace		30 minutes at Tempo Pace 12 x 100 meter Striders 10 minutes easy pace		50 minutes easy pace		12 miles 6 x 100 meter Striders	
23	Recovery	24	Easy	25	Intervals	26	Recovery	27	Tempo	28	Recovery or Rest	29	Long Run
30 minutes easy pace		50 minutes easy pace + 12 x 100 meter Striders		15 minutes medium pace 6 x 1 mile (at goal race pace) rest/jog 3-6 minutes between reps 15 minutes easy jog		30 minutes easy pace		10 minutes easy pace 10 minutes at Tempo Pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		5K easy pace 6 x 100 meter Striders	
30	Recovery	31	Easy									LIFETIME MIAMI MARATHON AND HALF	
30 minutes easy pace		50 minutes easy pace + 12 x 100 meter Striders											

FEBRUARY 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1	Intervals	2	Recovery	3	Tempo	4	Recovery or Rest Virtual Event Begins	5	
				15 minutes medium pace 6 x 1 mile (at goal race pace) rest/jog 3-6 minutes between reps 15 minutes easy jog		30 minutes easy pace		10 minutes easy pace 10 minutes at Tempo Pace 10 minutes easy pace 6 x 100 meter Striders		25 minutes easy pace		Life Time Tropical 5K 3.1 Miles/5 KM	
6	Virtual Event Ends												
Life Time Miami Marathon & Half 26.2 Miles/42 KM 13.1 Miles/21 KM		LIFETIME MIAMI MARATHON AND HALF											

