



TRAINING CALENDAR

OCTOBER 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		1		2		3		4		5		6	
9	Recovery	10	Easy	11	Medium	12	Recovery	13	Tempo	14	Recovery	15	Long Run
30 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes medium pace + 8 x 100 meter Striders		20 minutes easy pace		5 minutes easy pace 22 minutes tempo pace 5 minutes easy pace 6 x 100 meter Striders		20 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	
16	Recovery	17	Easy	18	Intervals	19	Recovery	20	Fartlek	21	Recovery	22	Long Run
20 minutes easy pace		32 minutes easy pace + 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minute jog/rest between each repetition 10 minutes easy run		20 minutes easy pace		10 minutes easy 8 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		22 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	
23	Recovery or rest	24	Easy	25	Intervals	26	Recovery	27	Fartlek	28	Recovery	29	Long Run
25 minutes easy pace		35 minutes easy pace 8 x 100M Striders		10 minutes easy run 4 x 400 meter (3 minute jog between each) 2 x 800 meter (5 minute jog between each) 2 x 200 meter (3 minute jog between each) 10 minutes easy run		20 minutes easy pace		10 minutes easy 8 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		22 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	
30	Recovery or rest	31	Easy										
25 minutes easy pace		35 minutes easy pace 8 x 100M Striders											

NOVEMBER 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1	Intervals	2	Recovery	3	Tempo	4	Recovery	5	Long Run
				10 minutes easy run 4 x 400 meter (3 minute jog between each) 2 x 800 meter (5 minute jog between each) 2 x 200 meter (3 minute jog between each) 10 minutes easy run		20 minutes easy pace		5 minutes easy pace 22 minutes tempo pace 5 minutes easy pace 6 x 100 meter Striders		20 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	
6	Recovery	7	Easy	8	Medium	9	Recovery	10	Tempo	11	Recovery	12	Long Run
30 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes medium pace + 8 x 100 meter Striders		20 minutes easy pace		5 minutes easy pace 22 minutes tempo pace 5 minutes easy pace 6 x 100 meter Striders		20 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	
13	Recovery	14	Easy	15	Intervals	16	Recovery	17	Fartlek	18	Recovery	19	Long Run
20 minutes easy pace		32 minutes easy pace + 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minute jog/rest between each repetition 10 minutes easy run		20 minutes easy pace		10 minutes easy 8 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		22 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	
20	Recovery	21	Easy	22	Intervals	23	Recovery	24	Fartlek	25	Recovery	26	Long Run
25 minutes easy pace		35 minutes easy pace 8 x 100M Striders		10 minutes easy run 4 x 400 meter (3 minute jog between each) 2 x 800 meter (5 minute jog between each) 2 x 200 meter (3 minute jog between each) 10 minutes easy run		20 minutes easy pace		10 minutes easy 8 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		22 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	
27	Recovery or rest	28	Easy	29	Intervals	30	Recovery						
25 minutes easy pace		35 minutes easy pace 8 x 100M Striders		10 minutes easy run 4 x 400 meter (3 minute jog between each) 2 x 800 meter (5 minute jog between each) 2 x 200 meter (3 minute jog between each) 10 minutes easy run		22 minutes easy pace							

DECEMBER 2022

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	Long Intervals	2	Recovery	3	Long Run
								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 5 minutes easy run		22-minute easy pace		6 miles or 60 minutes 6 x 100 meter Striders	
4	Recovery	5	Easy	6	Intervals	7	Recovery	8	Long Intervals	9	Recovery	10	Long Run
25 minutes easy pace		35 minutes easy pace 8 x 100 meter Striders		10 minutes easy pace 8 x 400 meter 3 minutes jog/rest between each repetition 10 minutes easy pace		25-30 minutes easy pace		10 minutes easy run 4 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 5 minutes easy run		20-25 minutes easy pace		6 miles or 60 minutes + 6 x 100 meter Striders	
11	Recovery	12	Easy	13	Intervals	14	Recovery	15	Tempo	16	Recovery	17	Long Run
25 minutes easy pace		35-40 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		25-30 minutes easy pace		5 minutes easy pace + 25 minutes tempo pace 8 x 100 meter Striders		20-25 minutes easy pace		7 miles or 70 minutes 6 x 100 meter Striders	
18	Recovery	19	Easy	20	Intervals	21	Recovery	22	Tempo	23	Recovery or rest	24	Long Run
20-25 minutes easy pace		35-40 minutes easy pace 8 x 100 meter Striders		10 minutes easy 1200 meter x 1 1000 meter x 1 800 meter x 1 400 meter x 2 200 meter x 2 Full recovery between each 10 minutes easy pace		25-30 minutes easy pace		5 minutes easy + 30 minutes tempo pace 10 x 100 meter Striders		20-25 minutes easy pace		8 miles or 85 minutes + 6 x 100 meter Striders	
25	Recovery	26	Easy	27	Intervals	28	Recovery	29	Long Intervals	30	Recovery or rest	31	Long Run
20-25 minutes easy pace		40 minutes easy pace + 10 x 100 meter Striders		10 minutes easy run 6 x 1KM 4 minutes jog/rest between each repetition 10 minutes easy run		30-40 minutes easy pace		10 minutes easy run 4 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 5 minutes easy run		20-25 minutes easy pace		8 miles 6 x 100 meter Striders	

JANUARY 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Recovery	2	Easy	3	Intervals	4	Recovery	5	Fartlek	6	Recovery or Rest	7	Long Run
20-25 minutes easy pace		40 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		25-30 minutes easy pace		10 minutes easy + 12 x 90 seconds, 2 minutes brisk walk or easy jog between each 10 x 100 meter Striders		20-25 minutes easy pace		9 miles 6 x 100 meter Striders	
8	Recovery	9	Easy	10	Intervals	11	Recovery	12	Intervals	13	Recovery	14	Long Run
20-25 minutes easy pace		40 minutes easy pace 10 x 100 meter Striders		50 minutes easy pace 12 x 100 meter Striders		25-30 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		20-25 minutes easy pace		10 miles 6 x 100 meter Striders	
15	Recovery	16	Easy	17	Intervals	18	Recovery	19	Tempo	20	Recovery	21	Long Run
20-25 minute easy pace		40-45 minutes easy pace + 12 x 100 meter Striders		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 5 min easy jog		25-30 minutes easy pace		30 minutes at Tempo Pace 12 x 100 meter Striders		20-25 minutes easy pace		11 miles 6 x 100 meter Striders	
22	Recovery	23	Easy	24	Intervals	25	Recovery	26	Tempo	27	Recovery or Rest Virtual Event Begins	28	Race Day
20-25 minutes easy pa		40-45 minutes easy pace 12 x 100 meter Striders		20 minutes medium pace 4 x 400 meter rest/jog 3 minutes between reps 5-minute easy jog		20 minutes easy pace		5 minutes easy pace 20 minutes at Tempo Pace 6 x 100 meter Striders		20-25 minutes easy pace		LIFETIME MIAMI TROPICAL 5K	
29	Race Day												
LIFETIME MIAMI MARATHON AND HALF													