

LIFETIME[®]
MIAMI
MARATHON
TRAINING CALENDAR

OCTOBER 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1		2		3		4		5	
6		7		8		9		10		11		12	
13		14	Easy	15	Easy	16	Recovery	17	Tempo	18	Recovery	19	Long Run
		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	
20	Recovery	21	Easy	22	Intervals	23	Recovery	24	Fartlek	25	Recovery	26	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		30 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	
27	Recovery or rest	28	Easy	29	Intervals	30	Recovery	31	Fartlek				
30 minutes easy pace		40 minutes easy pace 8 x 100M 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		30 minutes easy pace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders					

NOVEMBER 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1	Recovery	2	Long Run
										30 minutes easy pace		10 miles or 2 hours + 6 x 100 meter Striders	
3	Recovery or rest	4	Easy	5	Intervals	6	Recovery	7	Long Intervals	8	Recovery	9	Long Run
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		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		30 minutes easy pace		9 miles or 90 minutes 6 x 100 meter Striders	
10	Recovery	11	Easy	12	Easy	13	Recovery	14	Tempo	15	Recovery	16	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	
17	Recovery	18	Easy	19	Intervals	20	Recovery	21	Fartlek	22	Recovery	23	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		30 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	
24	Recovery or rest	25	Easy	26	Intervals	27	Recovery	28	Fartlek	29	Recovery	30	Long Run
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		40 minutes easy pace		Fartlek 10 minutes easy + 10 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		30 minutes easy pace		10 miles or 2 hours + 6 x 100 meter Striders	

DECEMBER 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Recovery	2	Easy	3	Intervals	4	Recovery	5	Tempo	6	Recovery	7	Long Run
25 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		25 minutes easy pace		5 minutes easy + 25 minutes tempo pace + 5 minutes easy 8 x 100 meter Striders		30 minutes easy pace		12 miles or 140 minutes + 6 x 100 meter Striders	
8	Recovery	9	Easy	10	Intervals	11	Recovery	12	Long Intervals	13	Recovery	14	Long Run
25 minutes 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		30 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	
15	Recovery	16	Easy	17	Intervals	18	Recovery	19	Long Intervals	20	Recovery	21	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		25 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	
22	Recovery	23	Easy	24	Intervals	25	Recovery	26	Tempo	27	Recovery or rest	28	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	
29	Recovery	30	Easy	31	Intervals								
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									

JANUARY 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1	Recovery	2	Fartlek	3	Recovery	4	Long 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	
5	Recovery	6	Easy	7	Intervals	8	Recovery	9	Intervals	10	Recovery	11	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	
12	Recovery	13	Easy	14	Intervals	15	Recovery	16	Tempo	17	Recovery or Rest	18	Long Run
30-40 minutes 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	
19	Recovery	20	Easy	21	Intervals	22	Recovery	23	Tempo	24	Recovery or Rest	25	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		25 minutes easy pace		24 miles 6 x 100 meter Striders	
26	Recovery	27	Easy	28	Intervals	29	Recovery	30	Tempo	31	Rest		
30 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		Rest up, tomorrow is RACE DAY!			

FEBRUARY 2025

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