



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	Medium	16	Recovery	17	Tempo	18	Recovery	19	Long Run
		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	
20	Recovery or rest	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	31	Fartlek				
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					

NOVEMBER 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1	Recovery	2	Long Run
										20 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	
3	Recovery	4	Easy	5	Medium	6	Recovery	7	Tempo	8	Recovery	9	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	
10	Recovery	11	Easy	12	Intervals	13	Recovery	14	Fartlek	15	Recovery	16	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	
17	Recovery	18	Easy	19	Intervals	20	Recovery	21	Fartlek	22	Recovery	23	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	
24	Recovery or rest	25	Easy	26	Intervals	27	Recovery	28	Long Intervals	29	Recovery	30	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		22 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 5 minutes easy run		22 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	

DECEMBER 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Recovery	2	Easy	3	Intervals	4	Recovery	5	Long Intervals	6	Recovery	7	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	
8	Recovery	9	Easy	10	Intervals	11	Recovery	12	Long Intervals	13	Recovery	14	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	
15	Recovery	16	Easy	17	Intervals	18	Recovery	19	Tempo	20	Recovery	21	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	
22	Recovery	23	Easy	24	Intervals	25	Recovery	26	Tempo	27	Recovery or rest	28	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	
29	Recovery	30	Easy	31	Intervals								
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									

JANUARY 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1	Recovery	2	Fartlek	3	Recovery or Rest	4	Long 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	
5	Recovery	6	Easy	7	Intervals	8	Recovery	9	Intervals	10	Recovery	11	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	
12	Recovery	13	Easy	14	Intervals	15	Recovery	16	Tempo	17	Recovery	18	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	
19	Recovery	20	Easy	21	Intervals	22	Recovery	23	Tempo	24	Recovery or Rest	25	Long Run
20-25 minutes easy pace		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		12 miles 6 x 100 meter Striders	
26	Recovery	27	Easy	28	Intervals	29	Recovery	30	Tempo	31	Easy		
20-25 minutes easy pace		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		40-45 minutes easy pace			

FEBRUARY 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
												1	Rest
												Rest up! It's RACE DAY tomorrow!	
2	Race Day!												
LIFETIME MIAMI HALF MARATHON													
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