



LIFETIME®

MIAMI

MARATHON

TRAINING CALENDAR

OCTOBER 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5	Recovery	6	Easy	7	Intervals	8	Recovery	9	Tempo	10	Recovery	11	Long Run
30 minutes easy pace		30 minutes easy pace 6 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		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		8 miles or 80 minutes 6 x 100 meter Striders	
12	Recovery	13	Easy	14	Intervals	15	Recovery	16	Tempo	17	Recovery	18	Long Run
30 minutes easy pace		30 minutes easy pace 6 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		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	
19	Recovery	20	Easy	21	Intervals	22	Recovery	23	Fartlek	24	Recovery	25	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	
26	Recovery or rest	27	Easy	28	Intervals	29	Recovery	30	Fartlek	31	Recovery		
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		30 minutes easy pace			

NOVEMBER 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
												1	Long Run
												10 miles or 2 hours + 6 x 100 meter Striders	
2	Recovery or rest	3	Easy	4	Intervals	5	Recovery	6	Long Intervals	7	Recovery	8	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		12 miles or 120 minutes 6 x 100 meter Striders	
9	Recovery	10	Easy	11	Easy	12	Recovery	13	Tempo	14	Recovery	15	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		13 miles or 130 minutes 6 x 100 meter Striders	
16	Recovery	17	Easy	18	Intervals	19	Recovery	20	Fartlek	21	Recovery	22	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		14 miles or 2 hours + 6 x 100 meter Striders	
23	Recovery or rest	24	Easy	25	Intervals	26	Recovery	27	Fartlek	28	Recovery	29	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		15 miles or 2 hours + 6 x 100 meter Striders	

DECEMBER 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
30	Recovery	1	Easy	2	Intervals	3	Recovery	4	Tempo	5	Recovery	6	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	
7	Recovery	8	Easy	9	Intervals	10	Recovery	11	Long Intervals	12	Recovery	13	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		16 miles or 140 minutes + 6 x 100 meter Striders	
14	Recovery	15	Easy	16	Intervals	17	Recovery	18	Long Intervals	19	Recovery	20	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		17 miles or 120 minutes + 6 x 100 meter Striders	
21	Recovery	22	Easy	23	Intervals	24	Recovery	25	Tempo	26	Recovery or rest	27	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		18 miles+ 6 x 100 meter Striders	
28	Recovery	29	Easy	30	Intervals	31	Recovery						
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		30 minutes easy pace							

