

LIFETIME[®]
MIAMI
MARATHON
TRAINING
CALENDAR

OCTOBER

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11Recovery	12Easy	13Intervals 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	14Recovery 30 minutes easy pace	15Tempo 10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders	16Recovery 30 minutes easy pace	17Long Run 8 miles or 80 minutes 6 x 100 meter Striders
18Recovery 30 minutes easy pace	19Easy 30 minutes easy pace 6 x 100 meter Striders	20Intervals 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	21Recovery 30 minutes easy pace	22Tempo 10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders	23Recovery 30 minutes easy pace	24Long Run 9 miles or 90 minutes 6 x 100 meter Striders
25Recovery 30 minutes easy pace	26Easy 35 minutes easy pace 8 x 100 meter Striders	27Intervals 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	28Recovery 30 minutes easy pace	29Fartlek 10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders	30Recovery 30 minutes easy pace	31Long Run 10 miles or 2 hours + 6 x 100 meter Striders

[illegible]

NOVEMBER 2026

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

DECEMBER 2026

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

JANUARY 2027

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
3	Recovery	4	Easy	5	Intervals	6	Recovery	7	Fartlek	8	Recovery	9	Long Run
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 Minute 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	
10	Recovery	11	Easy	12	Intervals	13	Recovery	14	Intervals	15	Recovery	16	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		10 miles 6 x 100 meter Striders	
17	Recovery	18	Easy	19	Intervals	20	Recovery	21	Tempo	22	Recovery or Rest	23	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		6 miles 6 x 100 meter Striders	
24	Recovery	25	Easy	26	Intervals	27	Recovery	28	Tempo	29	Rest	30	Race Day
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		Rest up!		LIFE TIME MIAMI TROPICAL 5K	
31	Race Day												
LIFE TIME MIAMI MARATHON 7 AND HALF													