

LIFETIME<sup>®</sup>

305

HALF MARATHON

5K<sup>SM</sup>

PRESENTED BY



Baptist Health

TRAINING CALENDAR

# DECEMBER 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5		6		7	
8	Recovery	9	Easy	10	Medium	11	Recovery	12	Tempo	13	Recovery	14	Long Run
20 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace + 8 x 100 meter Striders		Recovery 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	
15	Recovery	16	Easy	17	Intervals	18	Recovery	19	Fartlek	20	Recovery	21	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 minutes jog/rest between each repetition 15 minutes easy run		20 minutes easy pace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		22 minutes easy pace		5 miles or 50 minutes + 6 x 100 meter Striders	
22	Recovery	23	Easy	24	Intervals	25	Recovery	26	Fartlek	27	Recovery	28	Long Run
25 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		20 minutes easy pace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		22 minutes easy pace		6 miles or 60 minutes + 6 x 100 meter Striders	
29	Recovery or rest	30	Easy	31	Intervals								
25 minutes easy pace		35 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									

# JANUARY 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1	Recovery	2	Tempo	3	Recovery	4	Long Run
							20 minutes easy pace		5 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		20 minutes easy pace		6 miles or 60 minutes + 6 x 100 meter Striders
5	Recovery or rest	6	Easy	7	Intervals	8	Recovery	9	Long Intervals	10	Recovery	11	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		7 miles or 70 minutes 6 x 100 meter Striders
12	Recovery	13	Easy	14	Easy	15	Recovery	16	Tempo	17	Recovery	18	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		7 miles or 70 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		8 miles or 80 minutes+ 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 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		

# FEBRUARY 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
												1	Long Run
												8 miles or 80 minutes + 6 x 100 meter Striders	
2	Recovery	3	Easy	4	Intervals	5	Recovery	6	Long Intervals	7	Recovery	8	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		9 or 90 minutes + 6 x 100 meter Striders	
9	Recovery	10	Easy	11	Intervals	12	Recovery	13	Long Intervals	14	Recovery	15	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		10 miles or 100 minutes + 6 x 100 meter Striders	
16	Recovery	17	Easy	18	Intervals	19	Recovery	20	Tempo	21	Recovery or rest	22	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		11 miles+ 6 x 100 meter Striders	
23	Recovery	24	Easy	25	Intervals	26	Recovery	27	Tempo	28	Recovery or rest		
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		5 minutes easy pace 30 minutes tempo pace 5 minutes easy pace 10 x 100 meter Striders		25 minutes easy pace			

