

LIFETIME[®]

305

HALF MARATHON

5KSM

PRESENTED BY



Baptist Health

TRAINING CALENDAR

DECEMBER 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		1		2		3		4		5		6	
7		8	Easy	9	Intervals	10	Recovery	11	Long Intervals	12	Recovery	13	Long Run
		30 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		6 miles+ 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		7 miles+ 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		8 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							

JANUARY 2026

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

