LIFE TIME 305 HALF MARATHON 5K

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

FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Recovery	**2** Easy	**3** Intervals	**4** Recovery	**5** Long Intervals	**6** Recovery	**7** Long Run
30 minutes easy pace	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	13 miles+ 6 x 100 meter Striders
8 Recovery	**9** Easy	**10** Intervals	**11** Recovery	**12** Long Intervals	**13** Recovery	**14** Long Run
30 minutes easy pace	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	10 miles+ 6 x 100 meter Striders
15 Recovery	**16** Easy	**17** Intervals	**18** Recovery	**19** Long Intervals	**20** Recovery	**21** 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	9 miles+ 6 x 100 meter Striders
22 Recovery	**23** Easy	**24** Intervals	**25** Recovery	**26** Tempo	**27** Recovery or rest	**28** Rest Up
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	Rest Up – it's race day tomorrow
1 Race Day						