

Longrun progression 2022

Longrun progression 2022 Winter spring Harriers

No of weeks until Goal race/ marathon	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Week number	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Month	January	January	January	February	February	February	February	March	March	March	March	April	April	April	April	May (1st)
Intensity of longrun	easy	easy	moderate	easy	easy	moderate (Goal race specific)	easy	Race Weeked CHILLY	easy	easy	Race Weeked ATB	Race Weeked(?) Spring Run off	Race Weeked (?) Spring Run Off	easy	easy	Race Weekend GOAL RACE Mississauga
Group	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs	# KMs
Faster than 2h50min as Personal best. Distance in KM.	22	24	28	23	32	32 8k@4.15 8k@4.00 8k@3.50 8k@3.45 (3-5 seconds slower than Marathon PB pace)	30	21.1	35	28	30km	8 or 5 k race/ SUNDAY 26	38	28	23	42.1
Marathon PB between 2.55- 3.30. Distance. (km)	22	24	26	23	32	30	26	21.1	35	27	30km	8 or 5 k race/ SUNDAY 26	38	28	23	42.1
Sub 4 hrs marathon. Distance. (mins)	90	100	115	100	140	140	110	21.1	140	140	30km	8 or 5 k race/ SUNDAY 110	160	110	80	42.1
Longrun progression 1/2M group	18	19	21	19	23	23	20	21.1	28	20	30km	8 or 5 k race/ SUNDAY 22	24	21	18	21.1
Longrun progression 5-10 km group	16	17	19	17	20	21	18	17 or race weekend	22	18	10 or 5 km	8 or 5 k race/ SUNDAY 17	20	18	16	5 or 10 k race

March 6, - Chilly Half Marathon, 10km and 5km.

March 27, - Around the Bay 30km, 10km and 5km.

April 2 or April 9, - Spring Runoff, - 5km and 8km. As yet no date, - likely one of these two weekends.

May 1, - Mississauga Marathon/half marathon/10km/5km.