

Bemærkning: Distancen er fast, men der tages forbehold for ændringer af sløjferne og deres længde.

Dato (uge)	Distance	Sløjfer
8/1 (uge 1)	13 km	5 km: https://connect.garmin.com/modern/course/21976193 8 km: https://connect.garmin.com/modern/course/21976277
8/1 (uge 1)	15 km	6 km: https://connect.garmin.com/modern/course/22129412 9 km: https://connect.garmin.com/modern/course/22013558
15/1 (uge 2)	16 km	8 km: https://connected.garmin.com/modern/course/22167906 8 km: https://connect.garmin.com/modern/course/21976277
22/1 (uge 3)	20 km	10 km: https://connect.garmin.com/modern/course/22168278 10 km: https://connect.garmin.com/modern/course/21977017
29/1 (uge 4)	10 km	2 x 5 km: https://connect.garmin.com/modern/course/22281201
5/2 (uge 5)	21 km	11 km: https://connect.garmin.com/modern/course/22241192 10 km: https://connect.garmin.com/modern/course/22168278
6/2 (uge 5)	10 km	Nike Marathontest 1 (i Sparta)
12/2 (uge 6)	23 km	12 km: https://connect.garmin.com/modern/course/22240833 11 km: https://connect.garmin.com/modern/course/22384001
19/2 (uge 7)	22 km	13 km: https://connect.garmin.com/modern/course/22239645 9 km: https://connect.garmin.com/modern/course/22013558
26/2 (uge 8)	24 km	14 km: https://connect.garmin.com/modern/course/22239110 10 km: https://connect.garmin.com/modern/course/22168278
5/3 (uge 9)	20 km	15 km: https://connect.garmin.com/modern/course/22383638 5 km: https://connect.garmin.com/modern/course/21976193
12/3 (uge 10)	15 km	3 x 5 km: https://connect.garmin.com/modern/course/22281201
19/3 (uge 11)	23,4 km	17 km: https://connect.garmin.com/modern/course/22383526 6,4 km: https://connect.garmin.com/modern/course/22968226
20/3 (uge 11)	15 km	Nike Marathontest 2 (i Sparta)
26/3 (uge 12)	25 km	15 km: https://connect.garmin.com/modern/course/22241280 10 km: https://connect.garmin.com/modern/course/22421318
2/4 (uge 13)	27 km	14 km: https://connect.garmin.com/modern/course/21976602 13 km: https://connect.garmin.com/modern/course/22239645
9/4 (uge 14)	21,1 km	4 x 5 km + 1,1 km: https://connect.garmin.com/modern/course/22281201
16/4 (uge 15)	30 km	16 km: https://connect.garmin.com/modern/course/22240030 14 km: https://connect.garmin.com/modern/course/22239110
17/4 (uge 15)	21,1 km	Nike Marathontest 3 (i Sparta)
23/4 (uge 16)	20 km	12 km: https://connect.garmin.com/modern/course/22240833

		8 km: https://connect.garmin.com/modern/course/21976277 (modsat vej)
30/4 (uge 17)	18 km	11 km: https://connect.garmin.com/modern/course/22241192 7 km: https://connect.garmin.com/modern/course/23897860
7/5 (uge 18)	15 km	9 km: https://connect.garmin.com/modern/course/22013558 6 km: https://connect.garmin.com/modern/course/22129412
15/5 (uge 19)	42,195 km	Copenhagen Marathon 2022

Herlufsholm Serieløb (3,6 km; 5,9 km og 10 km): Søndag d. 7/11, 5/12, 9/1, 6/2 alle dage kl. 11.00.

Skærtorsdagsløbet (3,2 km; 5,1 km og 10 km): Torsdag d. 14/4 - kl. 11.00