

# Running Plan Summary

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## Plan Overview

Progressive 22-week build focusing on aerobic base, weekly quality workouts, Saturday long runs to 16 miles, gym strength during travel, and a planned taper before race day.

## Success Assessment



Good baseline fitness and adequate training time but capped 16-mile long runs and two weeks of gym-only travel reduce full marathon-specific adaptation and pace confidence.

## Things to Consider

Where possible add a few longer runs (18–20 miles), include marathon-pace segments, prioritize sleep, fueling, strength work, and keep Sunday fully for rest and recovery.

## Plan Request Details

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### Running Target

**PLAN START DATE**

October 2, 2025

**RACE TYPE**

MARATHON

**RACE DATE**

March 8, 2026

**TARGET TIME**

3 hours 45 minutes

### Personal Details

**YEAR OF BIRTH**

1985

**GENDER**

FEMALE

**HEIGHT**

5.6 ft

**WEIGHT**

143 lbs

**FITNESS LEVEL**

HIGH

### Additional Info and Preferences

Long runs should be on Saturday and should not exceed 16 miles. Sunday should be rest day. Last 2 weeks in December I'll be travelling and most of exercise will have to be done in gym.

# Training Schedule

Thursday, 02 Oct 2025 Tempo Run

Warm up 1.5 miles. Run 4 miles at comfortably hard tempo. Cool down 1 mile. Total 6.5 miles.

Goal: Develop steady threshold pace and improve lactate clearance for marathon pace endurance.

Friday, 03 Oct 2025 Easy Run

Easy conversational pace 5 miles. Keep heart rate low. Focus on relaxed form and steady breathing.

Goal: Aid recovery and build aerobic base while preparing for upcoming quality sessions.

Saturday, 04 Oct 2025 Long Run

Long slow distance 8 miles. Run relaxed with even effort. Hydrate and practice fueling strategy on course-like terrain.

Goal: Build aerobic endurance and long-run confidence without excessive fatigue early in the plan.

Sunday, 05 Oct 2025 Rest

Full rest day. Emphasize sleep, mobility work, and light walking if desired. No structured training.

Goal: Allow recovery and adaptation from the previous week's buildup. Support consistency and avoid injury.

Monday, 06 Oct 2025 Easy Run

Easy recovery jog 4 miles. Keep pace very comfortable. Finish with 6 x 20 second strides with full recovery.

Goal: Flush legs after rest and maintain neuromuscular coordination for faster sessions later.

Tuesday, 07 Oct 2025 Intervals

Warm up 1.5 miles. Do 6 x 800m hard with 400m easy jog recoveries. Cool down 1 mile. Total about 6 miles.

Goal: Improve VO2 max and leg turnover. Build speed endurance to support marathon target pace.

Wednesday, 08 Oct 2025 Strength

45 minute gym session. Focus on squats, lunges, deadlifts, core and single-leg stability. Moderate loads. Mobility finish.

Goal: Increase running-specific strength. Reduce injury risk and improve economy for marathon pace.

Thursday, 09 Oct 2025 Easy Run

Easy steady 5 miles. Maintain relaxed cadence and good posture. Add gentle strides if legs feel fresh.

Goal: Promote aerobic base development and recovery before the tempo on Thursday.

Friday, 10 Oct 2025 Tempo Run

Warm up 1.5 miles. Run 5 miles at tempo pace. Cool down 1.5 miles. Total 8 miles.

Goal: Raise sustainable threshold pace to delay fatigue and improve marathon pace comfort.

Saturday, 11 Oct 2025 Long Run

Long slow distance 10 miles. Practice steady fueling and pacing. Run conversational pace with last mile slightly quicker.

Goal: Extend endurance. Teach body to use fat stores and simulate marathon effort management.

Sunday, 12 Oct 2025 Rest

Active rest day. Gentle walking and foam rolling. No running. Focus on nutrition and sleep.

Goal: Support recovery after long run. Allow adaptations and reduce injury risk.

Monday, 13 Oct 2025 Easy Run

Easy recovery 4 miles. Keep cadence relaxed. Finish with 4 x 20 second strides and full recovery between.

Goal: Aid muscle repair while retaining light speed for neuromuscular readiness.

Tuesday, 14 Oct 2025 Intervals

Warm up 1.5 miles. 5 x 1k at 10K pace with 400m easy jog recoveries. Cool down 1 mile. Total ~7 miles.

Goal: Develop sustained fast pace ability and improve aerobic power for race endurance.

Wednesday, 15 Oct 2025 Strength

40 minute gym session. Single-leg work, hip stability, posterior chain focus. Finish with core circuits.  
Goal: Build muscular resilience and running economy to handle increasing weekly load.

Thursday, 16 Oct 2025 Easy Run

Easy 6 miles. Maintain low intensity. Concentrate on relaxed breathing and efficient form. Optional strides at end.  
Goal: Increase aerobic mileage without strain. Prepare for Thursday tempo.

Friday, 17 Oct 2025 Tempo Run

Warm up 1.5 miles. 6 miles at tempo. Cool down 1.5 miles. Total 9 miles.  
Goal: Push threshold to support marathon pace endurance and improve ability to sustain faster efforts.

Saturday, 18 Oct 2025 Long Run

Long slow distance 12 miles. Steady conversational pace. Practice fueling every 45 minutes. Finish hydrated.  
Goal: Increase weekly aerobic capacity while staying within long run cap for safe progression.

Sunday, 19 Oct 2025 Rest

Full rest day. Gentle mobility and soft tissue work. No structured exercise to allow recovery.  
Goal: Consolidate gains from longer run and quality sessions. Reduce cumulative fatigue.

Monday, 20 Oct 2025 Easy Run

Easy recovery 5 miles. Comfortable pace. Add 6 x 20 second strides with full recovery.  
Goal: Promote circulation and maintain turnover without taxing energy systems.

Tuesday, 21 Oct 2025 Intervals

Warm up 1.5 miles. Ladder intervals 400m, 800m, 1200m, 800m, 400m at 5K-10K effort with jog recoveries. Cool down 1 mile.  
Goal: Enhance speed endurance and variety to improve both turnover and sustained pace.

Wednesday, 22 Oct 2025 Strength

45 minute gym session. Focus on posterior chain, single-leg RDLs, step-ups, core stability and mobility drills.  
Goal: Increase resilience and power. Translate strength gains into improved running economy.

Thursday, 23 Oct 2025 Easy Run

Easy 6 miles. Maintain conversational pace and relaxed cadence. Hydrate and recover well after gym.  
Goal: Support aerobic development while keeping legs fresh for tempo.

Friday, 24 Oct 2025 Tempo Run

Warm up 1.5 miles. 6 miles at tempo or marathon pace mix. Cool down 1.5 miles. Total 9 miles.  
Goal: Train sustained pace control and mental toughness needed for marathon pacing discipline.

Saturday, 25 Oct 2025 Long Run

Long slow distance 14 miles. Run steady. Practice fueling, pacing, and race nutrition. Finish with easy cool down walk.  
Goal: Build endurance and confidence. Simulate half to full marathon fueling and pacing strategies.

Sunday, 26 Oct 2025 Rest

Active rest. Gentle stretching, walking, and sleep focus. No running to promote recovery.  
Goal: Recover from long run stresses and allow muscle repair for next training week.

Monday, 27 Oct 2025 Easy Run

Easy 5 miles. Smooth form and comfortable pace. Add 4 x 20 second strides near the end.  
Goal: Maintain aerobic base while preparing for a moderate intervals session on Tuesday.

Tuesday, 28 Oct 2025 Intervals

Warm up 1.5 miles. 6 x 800m at 5K pace with 400m easy jog recoveries. Cool down 1 mile. Total ~6.5 miles.  
Goal: Sustain VO2 and speed work. Avoid back-to-back hard efforts by scheduling recovery Wednesday.

Wednesday, 29 Oct 2025 Strength

40 minute gym session. Plyometrics removed. Focus on strength maintenance. Core and mobility finish.  
Goal: Maintain strength gains during increased mileage. Reduce fatigue before long run.

Thursday, 30 Oct 2025 Easy Run

Easy 5 miles. Conversational pace. Relaxed strides at the end if feeling good. Hydrate and refuel properly.  
Goal: Active recovery and maintenance of aerobic base ahead of final long run in segment.

Friday, 31 Oct 2025 Tempo Run

Warm up 1.5 miles. 5 mile tempo focused on steady effort. Cool down 1.5 miles. Total 8 miles.  
Goal: Sustain tempo work to keep threshold sharp and improve marathon pace endurance.

Saturday, 01 Nov 2025 Long Run

Peak long run in this segment 16 miles. Steady pace. Practice race fueling and pacing. Avoid going faster than planned.  
Goal: Maximize endurance while respecting plan cap. Build confidence in sustained marathon-style effort.

Sunday, 02 Nov 2025 Rest

Full rest day. Travel or recovery as needed. Gentle mobility and sleep focus. No running today.  
Goal: Consolidate first training block gains. Allow full recovery before next training segment.

Monday, 03 Nov 2025 Easy Run

Easy 5 miles. Keep conversation pace and relaxed form. Finish with 4 x 20 second strides if legs feel good.  
Goal: Promote recovery from prior block and maintain aerobic base while preparing for midweek quality sessions.

Tuesday, 04 Nov 2025 Intervals

Warm up 1.5 miles. 6 x 800 meters at 5K pace with 400m easy jog recoveries. Cool down 1 mile. Total ~6.5 miles.  
Goal: Improve VO2 and leg turnover. Build speed without excessive fatigue to support marathon pace later.

Wednesday, 05 Nov 2025 Strength

40 minute gym session. Focus on single leg strength, glute work, core stability, and mobility. Low impact. No heavy plyometrics.  
Goal: Maintain strength and resilience. Reduce injury risk while supporting running economy for longer efforts.

Thursday, 06 Nov 2025 Tempo Run

Warm up 1.5 miles. 4 mile tempo at comfortably hard effort. Cool down 1.5 miles. Total 7 miles.  
Goal: Raise lactate threshold and sustain faster pace for longer. Improve marathon pace endurance and confidence.

Friday, 07 Nov 2025 Easy Run

Easy 5 miles conversational pace. Focus on relaxed breathing and cadence. Gentle stretching after run.  
Goal: Active recovery and aerobic maintenance. Prepare legs for Saturday long run with low fatigue.

Saturday, 08 Nov 2025 Long Run

Long steady 14 miles. Practice fueling every 5 miles and steady effort. Finish with easy jog and mobility drills.  
Goal: Build marathon endurance and fueling routine. Increase confidence in sustained efforts without exceeding 16 miles.

Sunday, 09 Nov 2025 Rest

Full rest day. Gentle walking or mobility only. Prioritize sleep and nutrition. No running today.  
Goal: Recover from long run stresses and allow adaptation. Essential to prevent cumulative fatigue.

Monday, 10 Nov 2025 Easy Run

Easy 6 miles at conversational pace. Include 6 x 20 second strides near the end if fresh.

Goal: Rebuild weekly mileage gently and maintain aerobic base while keeping form efficient.

Tuesday, 11 Nov 2025 Intervals

Warm up 1.5 miles. 5 x 1K at 10K pace with 400m easy jog recoveries. Cool down 1 mile. Total ~7.5 miles.

Goal: Develop sustained speed and improve pace control. Support VO2 and turnover without back-to-back hard days.

Wednesday, 12 Nov 2025 Strength

40 minute gym session. Emphasize posterior chain, single leg RDLs, hip stability, and core control. Finish with mobility.

Goal: Sustain strength gains and resilience. Reduce injury risk and support consistent marathon training.

Thursday, 13 Nov 2025 Progression Run

Progression 8 miles. Start easy and finish final 2 miles at controlled brisk pace. Maintain smooth form.

Goal: Train ability to finish strong and simulate race-day closing strength for marathon pacing.

Friday, 14 Nov 2025 Easy Run

Easy 5 miles. Keep cadence steady and run relaxed. Short mobility routine after run.

Goal: Active recovery to keep legs fresh for Saturday long effort and accumulate low stress miles.

Saturday, 15 Nov 2025 Long Run

Long steady 16 miles. Practice race fueling and pacing. Keep effort conversational. Finish with easy cooldown and stretching.

Goal: Peak long run distance for this phase. Solidify fueling and pacing while limiting risk with capped distance.

Sunday, 16 Nov 2025 Rest

Full rest day. Gentle mobility and walking if desired. Focus on sleep and nutrition to recover from long run.

Goal: Allow full recovery and consolidation of endurance gains from the long effort.

Monday, 17 Nov 2025 Easy Run

Easy 5 miles. Relaxed conversational pace. Include 6 x 20 second strides at the end if feeling good.

Goal: Maintain aerobic base and promote circulation after rest day. Prepare for midweek quality.

Tuesday, 18 Nov 2025 Intervals

Warm up 1.5 miles. 8 x 400m at faster than 5K pace with 200m easy jog recoveries. Cool down 1 mile. Total ~6.5 miles.

Goal: Sharpen speed and leg turnover. Keep intensity controlled to avoid excess fatigue before strength.

Wednesday, 19 Nov 2025 Strength

40 minute gym session. Focus on maintenance loads. Core, single leg strength, hip mobility. Avoid heavy eccentric work.

Goal: Keep muscular balance and durability. Support running economy and reduce injury risk.

Thursday, 20 Nov 2025 Tempo Run

Warm up 1.5 miles. 5 mile tempo at steady threshold effort. Cool down 1.5 miles. Total 8 miles.

Goal: Improve sustainable pace and threshold stamina. Critical for holding marathon pace comfortably.

Friday, 21 Nov 2025 Easy Run

Easy 6 miles. Comfortable pace. Short mobility and foam rolling after run.

Goal: Active recovery to consolidate midweek quality and prepare for Saturday long run.

Saturday, 22 Nov 2025 Long Run

Long steady 14 miles. Practice race nutrition and pacing consistency. Keep last few miles relaxed. Stretch after run.

Goal: Build endurance and confidence. Reinforce fueling strategy without increasing peak distance.

Sunday, 23 Nov 2025 Rest

Full rest day. Gentle mobility only. Prioritize recovery and sleep. No running today.

Goal: Recover from long run. Support adaptation and prevent overtraining ahead of next week.

Monday, 24 Nov 2025 Easy Run

Easy 5 miles. Conversational pace. Add 4 x 20 second strides at the end if legs feel fresh.

Goal: Maintain aerobic base and recover from weekend while keeping weekly mileage steady.

Tuesday, 25 Nov 2025 Intervals

Warm up 1.5 miles. 6 x 800m at 5K pace with 400m jog recoveries. Cool down 1 mile. Total ~6.5 miles.

Goal: Sustain VO2 improvements and speed endurance. Avoid hard sessions on consecutive days.

Wednesday, 26 Nov 2025 Strength

40 minute gym session. Emphasize unilateral strength, glute activation, and core stabilization. Gentle mobility to finish.

Goal: Maintain strength and resilience. Support running form and reduce risk of injury.

Thursday, 27 Nov 2025 Progression Run

Progression 9 miles. Start easy and finish last 3 miles at slightly faster than marathon pace. Smooth finish.

Goal: Simulate late-race pacing and build confidence in sustaining pace when fatigued.

Friday, 28 Nov 2025 Easy Run

Easy 5 miles. Keep relaxed form and breathing. Optional short mobility after run.

Goal: Active recovery to prepare for final long run of the month without excess fatigue.

Saturday, 29 Nov 2025 Long Run

Long steady 16 miles. Focus on steady pacing and practiced fueling. No surges. Finish with recovery snack and mobility.

Goal: Consolidate endurance peak for this block. Reinforce nutrition and pacing under race-like conditions.

Sunday, 30 Nov 2025 Rest

Full rest day. Gentle walking and mobility if desired. Prioritize sleep and recovery after long effort.

Goal: Allow full physiological recovery and adaptation from peak long run to start next build block.

## Training Schedule (continued)

Monday, 01 Dec 2025 Easy Run

Easy 6 miles. Conversational pace. Include 6 x 20 second strides near the end if legs feel good.

Goal: Rebuild weekly mileage gently and maintain aerobic base for the coming weeks.

Tuesday, 02 Dec 2025 Intervals

Warm up 1.5 miles. 5 x 1K at 10K pace with 400m easy jog recoveries. Cool down 1 mile. Total ~7.5 miles.

Goal: Maintain speed and threshold fitness while avoiding back-to-back hard efforts with strength the next day.

Wednesday, 03 Dec 2025 Strength

40 minute gym session. Focus on maintenance strength, single leg stability, and core. Mobility finish.

Goal: Keep muscular resilience and reduce injury risk. Support running economy for upcoming progression work.

Thursday, 04 Dec 2025 Tempo Run

Warm up 1.5 miles. 5 mile steady tempo. Cool down 1.5 miles. Total 8 miles.

Goal: Sustain threshold and marathon pace endurance. Prepare body for continued build in next training segment.

Friday, 05 Dec 2025 Easy Run

Easy 5 miles. Conversational pace. Include 6 x 20 second strides near the end if legs feel good.

Goal: Rebuild weekly mileage gently and maintain aerobic base for the coming build block and quality work later this week.

Saturday, 06 Dec 2025 Long Run

Long steady 14 miles. Practice fueling and steady marathon pacing. Keep effort comfortable and consistent.

Goal: Build endurance while rehearsing nutrition and pacing. Maintain long run cap of 16 miles to match plan constraints.

Sunday, 07 Dec 2025 Rest

Full rest day. Gentle walking and mobility if desired. Prioritize sleep and recovery after long effort.

Goal: Allow physiological recovery and adaptation from the long run. Reduce injury risk and prepare for midweek quality.

Monday, 08 Dec 2025 Strength

40 minute gym session. Focus on maintenance strength. Single leg work and core stability. Mobility finish.

Goal: Maintain muscular resilience. Support running economy and help legs handle upcoming interval and tempo training.

Tuesday, 09 Dec 2025 Intervals

Warm up 1.5 miles. 6 x 800m at 5K pace with 400m easy jog recoveries. Cool down 1 mile. Total about 7.5 miles.

Goal: Develop speed and VO2 fitness. Improve leg turnover while avoiding back-to-back hard days later in the week.

Wednesday, 10 Dec 2025 Easy Run

Easy 6 miles. Conversational pace. Keep relaxed form and breathing. Optional short mobility after run.

Goal: Active recovery to process interval stimulus. Maintain aerobic base without adding fatigue before tempo.

Thursday, 11 Dec 2025 Tempo Run

Warm up 1.5 miles. 4 mile steady tempo. Cool down 1.5 miles. Total 7 miles.

Goal: Raise lactate threshold and sustain faster pace comfortably. Prepare body for longer sustained efforts in upcoming weeks.

Friday, 12 Dec 2025 Easy Run

Easy 5 miles. Relaxed pace. Include 6 x 20 second strides at the end if legs feel strong.

Goal: Recovery and steady aerobic mileage. Keep freshness ahead of Saturday long run.

Saturday, 13 Dec 2025 Long Run

Long steady 16 miles. Practice marathon pace segments if feeling good. Focus on fueling and even effort.

Goal: Maximize long run endurance within limit. Reinforce fueling and pacing for race confidence.

Sunday, 14 Dec 2025 Rest

Full rest day. Gentle walking and mobility. Focus on sleep and nutrition after long effort.

Goal: Aid recovery and adaptation from peak long run. Reduce cumulative fatigue entering next training week.

Monday, 15 Dec 2025 Strength

45 minute gym session. Maintenance strength. Emphasize single leg stability and posterior chain. Mobility finish.

Goal: Preserve strength during build. Reduce injury risk and support running economy for upcoming quality sessions.

Tuesday, 16 Dec 2025 Fartlek

Warm up 1.5 miles. 30 minute fartlek alternating 2 minutes harder and 2 minutes easy. Cool down 1 mile. Total ~7 miles.

Goal: Develop pace variability and aerobic strength. Improve ability to handle surges and fatigue in later race stages.

Wednesday, 17 Dec 2025 Easy Run

Easy 6 miles. Conversational pace. Include strides 6 x 20 seconds near the end if fresh.

Goal: Active recovery to consolidate fartlek gains. Maintain weekly mileage without inducing extra fatigue.

Thursday, 18 Dec 2025 Travel Strength

Gym session. 35 minutes. Focus on maintenance strength, mobility, and core. Low impact cardio optional.

Goal: Maintain muscle resilience while traveling. Protect fitness when roadwork may be limited during travel period.

Friday, 19 Dec 2025 Travel Intervals

Gym treadmill. Warm up 1 mile. 6 x 1 minute hard with 1 minute easy. Cool down 1 mile. Total ~4 miles running plus gym work.

Goal: Maintain leg speed and familiarity with quality when outdoor options limited. Keep sessions short and controlled.

Saturday, 20 Dec 2025 Travel Easy

Easy treadmill 4 miles. Comfortable pace. Finish with mobility and hip work in gym.

Goal: Preserve aerobic base during travel. Reduce injury risk and keep training consistency without overloading.

Sunday, 21 Dec 2025 Travel Strength

Gym session. 40 minutes. Focus on single leg strength, glute work, and trunk stability. Mobility finish.

Goal: Sustain muscular strength during travel. Support running form and decrease injury risk for return to road sessions.

Monday, 22 Dec 2025 Travel Hills

Treadmill or gym hill intervals. Warm up 1 mile. 8 x 45 second uphill efforts with easy recovery. Cool down 1 mile. Total ~5 miles.

Goal: Maintain strength and power specific to running. Simulate hill work while away from usual routes.

Tuesday, 23 Dec 2025 Travel Recovery

Easy treadmill 3 miles. Gentle pace. Focus on mobility and foam rolling after gym sessions.

Goal: Allow recovery during travel. Keep blood flow and reduce stiffness while preserving training rhythm.

Wednesday, 24 Dec 2025 Travel Progression

Treadmill progression 5 miles. Start easy and finish last 2 miles at marathon effort. Moderate effort. Include mobility after.

Goal: Practice marathon pacing in travel conditions. Maintain confidence in sustained pace while away from home routine.

Thursday, 25 Dec 2025 Travel Rest

Rest day. Prioritize sleep and mobility. Short walk if desired. Avoid hard training to recover from travel and holidays.

Goal: Full recovery day to reduce fatigue. Preserve freshness for final training block leading to race.

Friday, 26 Dec 2025 Travel Strength

Gym session. 40 minutes. Maintenance strength and mobility. Light plyometrics if gym allows. Finish with stretching.

Goal: Protect muscle strength during travel. Support running economy for upcoming return to outdoor sessions.

Saturday, 27 Dec 2025 Travel Easy

Easy treadmill 4 miles. Conversational pace. Focus on smooth cadence and relaxed form.

Goal: Gradually rebuild outdoor-specific conditioning while traveling. Keep mileage low to manage travel stress.

Sunday, 28 Dec 2025 Travel Intervals

Treadmill. Warm up 1 mile. 5 x 3 minutes at threshold with 2 minute easy recoveries. Cool down 1 mile. Total ~6 miles.

Goal: Retain threshold fitness during travel. Short controlled sessions maintain adaptations without risking overload.

Monday, 29 Dec 2025 Return Easy

Easy 6 miles outdoors if possible. Comfortable pace. Include strides 6 x 20 seconds near the end.

Goal: Reintroduce outdoor running. Restore confidence and leg turnover after travel period.

Tuesday, 30 Dec 2025 Easy Run

Easy 5 miles. Smooth aerobic pace. Mobility and light strength band work after run.

Goal: Recovery and consolidation after travel. Prepare for final week before partial taper and next long run.

Wednesday, 31 Dec 2025 Long Run

Long steady 12 miles. Controlled effort. Practice fueling and pacing. Finish with recovery snack and mobility.

Goal: Maintain endurance without overreaching late in December. Keep long run under 16 mile cap and preserve freshness.

Thursday, 01 Jan 2026 Rest

Full rest day. Gentle walking and mobility. Prioritize sleep and recovery after holiday long run.

Goal: Allow adaptation from long effort. Reset for the new year training block and avoid early-week fatigue.

Friday, 02 Jan 2026 Strength

45 minute gym session. Maintenance strength with single leg emphasis. Core and mobility finish.

Goal: Keep muscular resilience and protect against injury. Support upcoming interval and tempo sessions.

Saturday, 03 Jan 2026 Intervals

Warm up 1.5 miles. 8 x 800m at 10K pace with 400m jog recoveries. Cool down 1 mile. Total ~8 miles.

Goal: Restore speed and VO2 fitness. Build confidence in maintaining faster paces without back-to-back hard days.

Sunday, 04 Jan 2026 Easy Run

Easy 6 miles. Conversational pace. Optional strides 6 x 20 seconds if legs feel fresh.

Goal: Active recovery to process interval stimulus. Maintain aerobic base ahead of long run day.

Monday, 05 Jan 2026 Long Run

Long steady 14 miles. Practice marathon pace segments if energy allows. Focus on fueling and even pacing.

Goal: Consolidate endurance early in January. Reinforce fuel and pacing strategies while staying within long run limit.

Tuesday, 06 Jan 2026 Easy Run

Easy 6 miles. Conversational pace. Include 6 x 20 second strides at the end if legs feel fresh.

Goal: Active recovery after last long run. Maintain aerobic base and promote circulation without fatigue.

Wednesday, 07 Jan 2026 Strength

40 minute gym session focusing on single leg strength. Core and mobility finish.

Goal: Maintain muscular resilience. Protect joints and support marathon endurance and running economy.

Thursday, 08 Jan 2026 Tempo

Warm up 1.5 miles. 4 miles at steady tempo near half marathon effort. Cool down 1 mile. Total ~7.5 miles.

Goal: Improve lactate threshold to sustain goal marathon pace. Build ability to hold stronger efforts late in races.

Friday, 09 Jan 2026 Easy Run

Easy 5 miles. Relaxed pace. Focus on soft footstrike and breathing. Optional light mobility after run.  
Goal: Recovery from tempo. Consolidate aerobic base while keeping weekly volume steady.

Saturday, 10 Jan 2026 Long Run

Long steady 15 miles. Start easy. Middle miles include 4 at marathon goal pace if feeling good. Practice fueling every 30-40 minutes.  
Goal: Extend endurance. Practice fueling and pacing strategies while staying under long run cap for confidence.

Sunday, 11 Jan 2026 Rest

Full rest day. Gentle walking and mobility work only. Prioritize sleep and nutrition for recovery.  
Goal: Recover from long run. Allow adaptation and restore freshness for the upcoming week of quality sessions.

Monday, 12 Jan 2026 Easy Run

Easy 6 miles with 8 x 20 second strides near the end. Keep effort conversational.  
Goal: Active recovery and maintain leg turnover. Prepare for midweek quality session without adding fatigue.

Tuesday, 13 Jan 2026 Intervals

Warm up 1.5 miles. 6 x 1 mile at 10K tempo with 2 minute jog recoveries. Cool down 1 mile. Total ~9.5 miles.  
Goal: Build VO2 and pace confidence. Improve ability to sustain faster paces with controlled recoveries.

Wednesday, 14 Jan 2026 Recovery

Very easy 4 miles. Keep heart rate low. Gentle mobility and foam rolling after run.  
Goal: Flush legs after intervals. Promote recovery while preserving consistency and weekly mileage.

Thursday, 15 Jan 2026 Progression

Progression run 8 miles. Start easy and finish final 2 miles at marathon goal pace. Include form focus.  
Goal: Train pacing discipline and simulate late-race pace increase. Improve endurance at target effort.

Friday, 16 Jan 2026 Easy Run

Easy 6 miles. Conversational pace. Add 10 minutes of light core work post-run.  
Goal: Active recovery and strength support. Maintain weekly volume and protect against injury.

Saturday, 17 Jan 2026 Long Run

Long steady 16 miles. Include 6 at marathon goal pace in middle if energy allows. Practice mid-run fueling and hydration plan.  
Goal: Peak long endurance while practicing sustained race pace. Build confidence without overreaching.

Sunday, 18 Jan 2026 Rest

Full rest day. Gentle walking and mobility. Prioritize sleep and recovery from long effort.  
Goal: Allow physiological adaptation from peak long run. Reduce fatigue and prepare for next training block.

Monday, 19 Jan 2026 Easy Run

Easy 5 miles. Comfortable pace. Optional strides 6 x 20 seconds near finish.  
Goal: Recovery and aerobic consolidation. Keep legs moving while restoring freshness after long run.

Tuesday, 20 Jan 2026 Hills

Warm up 1.5 miles. 10 x 60 second hill repeats at strong effort with jog back recovery. Cool down 1.5 miles. Total ~8 miles.  
Goal: Build leg strength and power. Improve running economy and uphill capability for varied course terrain.

Wednesday, 21 Jan 2026 Strength

45 minute gym session. Focus on lower body single leg and posterior chain. Core finish.  
Goal: Maintain muscular resilience. Reduce injury risk and support efficient marathon running form.

Thursday, 22 Jan 2026 Easy Run

Easy 6 miles. Smooth aerobic pace. Focus on relaxed cadence and breathing.

Goal: Active recovery from hills. Maintain weekly mileage while keeping intensity low.

Friday, 23 Jan 2026 Progression

Progression long run 14 miles. Start easy and finish final 3 miles at marathon goal pace. Practice fueling strategy.

Goal: Simulate closing race phases. Teach body to run on tired legs and maintain form at goal pace.

Saturday, 24 Jan 2026 Rest

Full rest day. Gentle mobility and optional massage. Hydrate and refuel well.

Goal: Recover from progression long run. Allow repair and adaptation before resuming quality sessions.

Sunday, 25 Jan 2026 Easy Run

Easy 6 miles. Conversational pace. Include 8 x 20 second strides at end.

Goal: Flush fatigue and maintain turnover. Prepare legs for midweek intervals.

Monday, 26 Jan 2026 Intervals

Warm up 1.5 miles. 5 x 1k at 10K pace with 90 second jog recoveries. Cool down 1 mile. Total ~8.5 miles.

Goal: Maintain speed and neuromuscular sharpness. Improve ability to handle sustained faster efforts.

Tuesday, 27 Jan 2026 Recovery

Very easy 4 miles. Gentle mobility and foam rolling after run.

Goal: Assist recovery after intervals. Preserve freshness and avoid consecutive hard days.

Wednesday, 28 Jan 2026 Tempo

Warm up 1.5 miles. 5 miles at tempo effort near threshold. Cool down 1 mile. Total ~8.5 miles.

Goal: Raise lactate threshold. Improve sustained pace control for marathon pacing confidence.

Thursday, 29 Jan 2026 Easy Run

Easy 5 miles. Comfortable pace. Light strength bands or core after run.

Goal: Recovery and maintenance. Support weekly load without adding fatigue before long run.

## Training Schedule (continued)

Friday, 30 Jan 2026 Easy Run

Easy 6 miles. Relaxed aerobic pace. Include strides 6 x 20 seconds if fresh.

Goal: Tapered long run prep. Keep legs sharp while minimizing fatigue before Saturday long run.

Saturday, 31 Jan 2026 Long Run

Long steady 12 miles. Focus on even pacing. Last 3 miles include moderate marathon pace efforts if comfortable.

Goal: Consolidate endurance while beginning gradual reduction. Practice race fueling and pacing under lighter fatigue.

Sunday, 01 Feb 2026 Rest

Full rest day. Gentle mobility and sleep focus. Avoid strenuous activity.

Goal: Recovery and adaptation. Begin final sharpening phase while keeping freshness for remaining plan.

Monday, 02 Feb 2026 Easy Run

Easy 5 miles. Conversational pace. Gentle core and mobility session after run.

Goal: Maintain aerobic base. Continue recovery while preserving consistency for race preparation.

Tuesday, 03 Feb 2026 Strides

Easy 6 miles including 8 x 20 second strides with full recovery. Keep overall effort easy.

Goal: Keep neuromuscular sharpness and leg turnover without heavy stress. Support race readiness.

Wednesday, 04 Feb 2026 Easy Run

Very easy 4 miles. Relaxed pace. Light mobility and short strength session focused on maintenance.

Goal: Tapering and freshness. Reduce load while maintaining routine and muscle activation.

Thursday, 05 Feb 2026 Recovery

Very easy 3 miles or brisk walk. Gentle mobility and rest through evening.

Goal: Final recovery before next training block. Preserve energy and promote readiness for upcoming segment.

Friday, 06 Feb 2026 Easy Run

Easy 5 miles. Conversational pace. Include 6 x 20 second strides with full recovery after run.

Goal: Promote aerobic recovery. Keep legs fresh and maintain routine ahead of the weekend long run.

Saturday, 07 Feb 2026 Long Run

Long steady 14 miles. Comfortable pace. Practice fueling every 45 minutes and finish with last 2 miles slightly quicker if feeling good.

Goal: Build endurance and marathon stamina. Practice nutrition and pacing under sustained aerobic load.

Sunday, 08 Feb 2026 Rest

Full rest day. Gentle mobility and foam rolling. Prioritize sleep and hydration. No running today.

Goal: Recovery and adaptation. Restore energy after long effort and prepare for the coming training week.

Monday, 09 Feb 2026 Easy Run

Easy 5 miles. Relaxed conversational pace. Short core and mobility session after run.

Goal: Maintain aerobic base while promoting recovery. Reinforce good movement and core stability.

Tuesday, 10 Feb 2026 Intervals

Warm up. 6 x 800 meters at 10K effort with 400 meter easy jog recoveries. Cool down easy 1 mile.

Goal: Improve VO2 and speed endurance. Develop race pace strength and sharpen leg turnover without excess fatigue.

Wednesday, 11 Feb 2026 Easy Run

Recovery paced 4 miles. Gentle effort. Optional light strength session focusing on single leg stability and hip strength.

Goal: Active recovery and injury prevention. Maintain strength and running economy without heavy loading.

Thursday, 12 Feb 2026 Tempo

Warm up. 4 miles with middle 3 miles at tempo pace comfortably hard. Cool down easy 1 mile.

Goal: Raise lactate threshold and improve sustained race pace comfort. Enhance ability to hold faster pace late in race.

Friday, 13 Feb 2026 Easy Run

Easy 5 miles. Conversational pace. Short mobility and 6 x 20 second strides at end.

Goal: Recovery and maintain aerobic miles. Keep neuromuscular sharpness without stressing system.

Saturday, 14 Feb 2026 Long Run

Long steady 16 miles. Comfortable aerobic pace. Practice race fueling and clothing choices. Last 3 miles include marathon goal pace work if fresh.

Goal: Peak endurance stimulus. Build confidence for marathon distance while reinforcing fueling and pacing.

Sunday, 15 Feb 2026 Rest

Full rest day. Gentle stretching and foam rolling. Focus on sleep and nutrition.

Goal: Recovery and consolidation. Allow adaptation from peak long run and reduce fatigue.

Monday, 16 Feb 2026 Easy Run

Easy 6 miles. Relaxed pace. Brief core routine after run. Avoid any hard efforts today.

Goal: Active recovery and maintain mileage. Support aerobic base while preserving freshness for quality workouts.

Tuesday, 17 Feb 2026 Hills

Warm up. 8 x 60 second hill repeats at strong effort with easy jog back. Cool down 2 miles easy.

Goal: Build leg strength and power. Improve running economy and uphill ability without long high intensity sessions.

Wednesday, 18 Feb 2026 Easy Run

Recovery paced 5 miles. Gentle and conversational. Light mobility session in evening.

Goal: Aid recovery and maintain blood flow. Reduce injury risk while keeping consistency.

Thursday, 19 Feb 2026 Tempo

Warm up. 5 miles with 3 miles at tempo effort. Cool down 1 mile easy.

Goal: Increase sustained race pace endurance. Improve threshold and comfort running at moderately hard effort.

Friday, 20 Feb 2026 Easy Run

Easy 5 miles. Comfortable pace. Include 8 x 20 second strides with full recovery.

Goal: Recovery and neuromuscular sharpness. Prepare legs for the upcoming long run.

Saturday, 21 Feb 2026 Long Run

Long steady 16 miles. Controlled pace. Practice race fueling and pacing. Finish with last 2 miles controlled at marathon pace if comfortable.

Goal: Final peak endurance build. Solidify race pacing, fueling, and confidence before taper.

Sunday, 22 Feb 2026 Rest

Full rest day. Gentle walking and mobility. Prioritize sleep and carbohydrate intake for recovery.

Goal: Recovery and adaptation. Reduce fatigue after peak week and begin gradual tapering phase.

Monday, 23 Feb 2026 Easy Run

Easy 6 miles. Relaxed pace. Short strength session focusing on maintenance. Keep effort very easy.

Goal: Maintain aerobic base while reducing stress. Preserve strength without creating fatigue before taper.

Tuesday, 24 Feb 2026 Intervals

Warm up. 5 x 1K at 5K pace with 2 minute jog recoveries. Cool down easy 1.5 miles.

Goal: Keep sharpness and speed during taper. Maintain turnover and confidence without excessive strain.

Wednesday, 25 Feb 2026 Easy Run

Recovery paced 4 miles. Gentle mobility and foam rolling after run. No strength work today.  
Goal: Promote recovery and freshness. Prepare body for reduced long run and final preparation.

Thursday, 26 Feb 2026 Progression

Easy 5 miles starting very easy and finishing last mile at marathon goal pace. Short core work after run.  
Goal: Train pacing discipline and finish-strong ability. Reinforce marathon pace sensation with minimal fatigue.

Friday, 27 Feb 2026 Easy Run

Easy 4 miles. Conversational pace. Keep cadence relaxed. Light mobility and sleep focus.  
Goal: Tapering and recovery. Reduce load while maintaining routine and readiness.

Saturday, 28 Feb 2026 Long Run

Reduced long run 12 miles. Comfortable aerobic pace. Practice mid-run fueling and steady pacing. Finish relaxed.  
Goal: Begin tapering volume. Maintain endurance stimulus while lowering cumulative fatigue before race.

Sunday, 01 Mar 2026 Rest

Full rest day. Gentle stretching and brief walking. Focus on hydration and carbohydrate intake.  
Goal: Final recovery and adaptation. Conserve energy for final sharpening and race week.

Monday, 02 Mar 2026 Easy Run

Easy 4 miles. Conversational pace. Include 6 x 20 second strides with full recovery at end.  
Goal: Keep legs fresh and turnover smooth. Maintain neuromuscular readiness without accumulating fatigue.

Tuesday, 03 Mar 2026 Tempo

Warm up. 3 miles with 2 miles at marathon goal pace. Cool down 1 mile easy.  
Goal: Rehearse marathon pace sensation. Build confidence in target pace with low overall stress during taper.

Wednesday, 04 Mar 2026 Easy Run

Easy 3 miles. Relaxed and comfortable. Gentle mobility and short breathing drills after run.  
Goal: Final taper maintenance. Preserve freshness while keeping routine and light activation.

Thursday, 05 Mar 2026 Rest

Full rest day. Sleep focus. Light mobility and prepare race gear and nutrition plan.  
Goal: Final recovery. Ensure glycogen stores and mental readiness. Reduce fatigue before race week.

Friday, 06 Mar 2026 Easy Run

Short shakeout 3 miles easy. Include 4 easy strides. Keep effort light and relaxed. No strength work.  
Goal: Activate legs and nervous system. Maintain freshness and calm before the race day.

Saturday, 07 Mar 2026 Easy Run

Very easy 2 miles or brisk walk. Gentle mobility and finalize race logistics. Avoid any hard efforts.  
Goal: Pre-race freshness. Preserve energy and ensure optimal physical and mental readiness for race.

Sunday, 08 Mar 2026 Race

Marathon race day. Target time 3 hours 45 minutes. Warm up and execute plan. Start conservative and follow fueling schedule.  
Goal: Achieve the race goal using practiced pacing and fueling. Execute strategy and trust training.