Bellingham Bay MARATHON

Presented By Peace Health

This plan is ideal for runners who have run at least 1-2 10k's before and regularly log up to 15-20 miles per week. This plan starts ~20 miles for the first week and works up to a peak week of ~30 miles prior to race day. The long run starts at 4 miles and peaks at 7.5 miles prior to race day.

Training plan created by Team RunRun Coach, Alicia Jenkins-Browder. Alicia has a B.S in Kinesiology from Western Washington University and is a Licensed Physical Therapist Assistant at Performance Physical Therapy in Bellingham Washington. She is a UESCA certified running and ultra running coach.

Weekday	Date	WORKOUT	Strength
Week 1			
MONDAY	7/1/2024	Rest Day	
TUESDAY	7/2/2024	**Speed Intervals:** Warm up 1.5 miles ; 4 x 400 at 5k race pace with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 1
WEDNESDAY	7/3/2024	3 Mile Easy Run	
THURSDAY	7/4/2024	**Tempo:** Warm up 15 min. 2 x 10 min tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 2
FRIDAY	7/5/2024	Rest Day	
SATURDAY	7/6/2024	3 Mile Easy Run	
SUNDAY	7/7/2024	Endurance Run: 4 miles	
Week 2			
MONDAY	7/8/2024	Rest Day	
TUESDAY	7/9/2024	**Speed Intervals:** Warm up 1.5 miles ; 5 x 400 at 5k race pace with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 1
WEDNESDAY	7/10/2024	3 Mile Easy Run	
THURSDAY	7/11/2024	**Tempo:** Warm up 15 min. 1 x 12 min at tempo and 1 x 10 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 2
FRIDAY	7/12/2024	Rest Day	

STRENGTH WORKOUTS	Sets and Reps
ALL STRENGTH VIDEOS CAN BE FOUND AT : https://www.youtube.com/@CoachAliciaJenkinsBrowder	
Strengh Workout 1:	
1. Single Leg RDL	3 x 10 each leg
2. Goblet Squat	3 x 10
3. Hamstring Bridge Walkouts	3 x 5 walkouts
4. Forward Lunge	3 x 5 each leg
5. Brian Weeda KIPP Plank Series	2 Sets
Strengh Workout 2:	
1. Wall Clamshell	3 x 10-15 each leg
2. Lateral Lunge	3 x 5-10 each leg
3. Single Leg Squat	3 x 5-10 each leg
4. Nordic Curls	3 x 10

SATURDAY	7/13/2024	Endurance Run: 4 miles	
SUNDAY	7/14/2024	3 Mile Easy Run	
Week 3			
MONDAY	7/15/2024	Rest Day	
TUESDAY	7/16/2024	**Speed Intervals:** Warm up 1.5 miles ; 6 x 400 at 5k race pace with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 1
WEDNESDAY	7/17/2024	4 Mile Easy Run	
THURSDAY	7/18/2024	**Tempo:** Warm up 15 min. 2 x 12 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 2
FRIDAY	7/19/2024	Rest Day	
SATURDAY	7/20/2024	4 Mile Easy Run	
SUNDAY	7/21/2024	Endurance Run: 5 miles	
Week 4			
MONDAY	7/22/2024	Rest Day	
TUESDAY	7/23/2024	**Speed Intervals:** Warm up 1.5 miles ; 6 x 400 at 5k race pace with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 1
WEDNESDAY	7/24/2024	4 Mile Easy Run	
THURSDAY	7/25/2024	**Tempo:** Warm up 15 min. 25 min tempo ; Cool Down 15 min	Strength Workout 2
FRIDAY	7/26/2024	Rest Day	
SATURDAY	7/27/2024	4 Mile Easy Run	
SUNDAY	7/28/2024	Endurance Run: 5 miles	
Week 5			
MONDAY	7/29/2024	Rest Day	
TUESDAY	7/30/2024	**Speed Intervals:** Warm up 1.5 miles ; 6 x 400 at 5k race pace with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 3
WEDNESDAY	7/31/2024	4.5 Mile Easy Run	
THURSDAY	8/1/2024	**Tempo:** Warm up 15 min. 2 x 15 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 2
FRIDAY	8/2/2024	Rest Day	
SATURDAY	8/3/2024	4.5 Mile Easy Run	
SUNDAY	8/4/2024	Endurance Run: 6 miles	
Week 6			

5. Russian Twists	3 x 10-20 each side
Strengh Workout 3:	
1. Lateral Band Walk	3 x 15 steps each direction
2. Runner Step ups	3 x 10 each leg
3. Single Leg Bridge holds	5 x 20-30 second holds each side
4. Runners Matrix	3 x 10 rounds each leg
5. Dying Bugs	3 sets of 5 reps each side

Workout Description	
Easy Run	Run at conversational pace.
Endurance Run	Your endurance run should be run at a comfortable running pace. It will probably feel a little harder than your easy run days since you are going longer. Try to ensure that when you are running that you could maintain a conversation with a friend while only being a little out of breath.
Speed Intervals	For the intervals, run at your estimated 5k race pace/effort. If unsure what this pace is then try to run the interval at a fast enough pace where you are only able to say 4 words outloud. You should be breathing hard during these.
Tempo	For the tempo portions, run this at your estimated 10k race pace. If unsure what pace this is then this pace should feel "comfortably hard." If you had to talk outloud while running these then you could only manage 1-2 sentances before out of breath.

MONDAY	**8/5/2024**	Rest Day	
TUESDAY	**8/6/2024**	**Speed Intervals:** Warm up 1.5 miles ; 7 x 400 at 5k race pace with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 3
WEDNESDAY	**8/7/2024**	4.5 Mile Easy Run	
THURSDAY	**8/8/2024**	**Tempo:** Warm up 15 min. 2 x 15 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 2
FRIDAY	**8/9/2024**	Rest Day	
SATURDAY	**8/10/2024**	4.5 Mile Easy Run	
SUNDAY	**8/11/2024**	Endurance Run: 6 miles	Endurance Run: 6 miles
Week 7			
MONDAY	**8/12/2024**	Rest Day	
TUESDAY	**8/13/2024**	**Speed Intervals:** Warm up 1.5 miles ; 7 x 400 at 5k race pace with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 3
WEDNESDAY	**8/14/2024**	4 Mile Easy Run	
THURSDAY	**8/15/2024**	**Tempo:** Warm up 15 min. 30 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 2
FRIDAY	**8/16/2024**	Rest Day	
SATURDAY	**8/17/2024**	5 Mile Easy Run	
SUNDAY	**8/18/2024**	Endurance Run: 7 miles	
Week 8			
MONDAY	**8/19/2024**	Rest Day	
TUESDAY	**8/20/2024**	**Speed Intervals:** Warm up 1.5 miles ; 8 x 400 at 5k race pace with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 3
WEDNESDAY	**8/21/2024**	4.5 Mile Easy Run	
THURSDAY	**8/22/2024**	**Tempo:** Warm up 15 min. 35 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 2
FRIDAY	**8/23/2024**	Rest Day	
SATURDAY	**8/24/2024**	5 Mile Easy Run	
SUNDAY	**8/25/2024**	Endurance Run: 7 miles	
Week 9			
MONDAY	**8/26/2024**	Rest Day	

TUESDAY	8/27/2024	**Speed Intervals:** Warm up 1.5 miles ; 2 sets of 4 x 400 at 5k race pace with 200 m recovery between intervals and 800 m recovery inbetween sets ; Cool Down 1.5 mile	Strength Workout 1
WEDNESDAY	8/28/2024	4.5 Mile Easy Run	
THURSDAY	8/29/2024	**Tempo:** Warm up 15 min. 2 x 16 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 3
FRIDAY	8/30/2024	Rest Day	
SATURDAY	8/31/2024	5 Mile Easy Run	
SUNDAY	9/1/2024	Endurance Run: 7.5 miles	
Week 10			
MONDAY	9/2/2024	Rest Day	
TUESDAY	9/3/2024	**Speed Intervals:** Warm up 1.5 miles ; 2 sets of 4 x 400 at 5k race pace with 200 m recovery between intervals and 800 m recovery inbetween sets ; Cool Down 1.5 mile	Strength Workout 1
WEDNESDAY	9/4/2024	4 Mile Easy Run	
THURSDAY	9/5/2024	**Tempo:** Warm up 15 min. 2 x 20 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 3
FRIDAY	9/6/2024	Rest Day	
SATURDAY	9/7/2024	5 Mile Easy Run	
SUNDAY	9/8/2024	Endurance Run: 7.5 miles	
Week 11			
MONDAY	9/9/2024	Rest Day	
TUESDAY	9/10/2024	**Speed Intervals:** Warm up 1.5 miles ; 5 x 400 at 5k race pace with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 1
WEDNESDAY	9/11/2024	4 Mile Easy Run	
THURSDAY	9/12/2024	**Tempo:** Warm up 15 min. 20 min at tempo ; Cool Down 15 min	Strength Workout 3
FRIDAY	9/13/2024	Rest Day	
SATURDAY	9/14/2024	4 Mile Easy Run	
SUNDAY	9/15/2024	Endurance Run: 7 miles	
Week 12 RACE WEEK!			
MONDAY	9/16/2024	Rest Day	

TUESDAY	9/17/2024	**Race Pace Practice:** Warm up 1.5 miles ; 1200 m at goal race pace ; Cool down 1.5 miles	Strength Workout 1			
WEDNESDAY	9/18/2024	4 Mile Easy Run				
THURSDAY	9/19/2024	3 Mile Easy Run	Strength Workout 3			
FRIDAY	9/20/2024	Rest Day				
SATURDAY	9/21/2024	3 miles with 4 strides				
SUNDAY	9/22/2024	**6.1 Miles RACE DAY!**				