



Bellingham Bay
MARATHON

Presented By
Peace Health 

This plan ideal for beginner runners who have some running experience or no running experience. This plan starts out with run/walk intervals and eventually works to the point where you can run for 25 minutes without walking.

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	Strength	Strength Workout 1
WEDNESDAY	7/3/2024	Warm up 5 min brisk walking ; 3 x 1 min run/5 min walk ;	
THURSDAY	7/4/2024	Strength	Strength Workout 2
FRIDAY	7/5/2024	Warm up 5 min brisk walking ; 3 x 1 min run/5 min walk ;	
SATURDAY	7/6/2024	Rest Day	
SUNDAY	7/7/2024	Warm up 5 min brisk walking ; 4 x 1 min run/5 min walk ;	
Week 2			
MONDAY	7/8/2024	Rest Day	
TUESDAY	7/9/2024	Strength	Strength Workout 1
WEDNESDAY	7/10/2024	Warm up 5 min brisk walking ; 4 x 1 min run/5 min walk ;	
THURSDAY	7/11/2024	Strength	Strength Workout 2
FRIDAY	7/12/2024	Warm up 5 min brisk walking ; 4 x 1 min run/5 min walk ;	
SATURDAY	7/13/2024	Rest Day	
SUNDAY	7/14/2024	Warm up 5 min brisk walking ; 5 x 1 min run/5 min walk ;	
Week 3			
MONDAY	7/15/2024	Rest Day	

STRENGTH WORKOUTS	Sets and Reps
<u>ALL STRENGTH VIDEOS CAN BE FOUND AT : https://www.youtube.com/@CoachAliciaJenkinsBrowder</u>	
Strength 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
Strength 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
5. Russian Twists	3 x 10-20 each side
Strength Workout 3:	
1. Lateral Band Walk	3 x 15 steps each direction

TUESDAY	7/16/2024	Strength	Strength Workout 1	2. Runner Step ups	3 x 10 each leg
WEDNESDAY	7/17/2024	Warm up 5 min brisk walking ; 3 x 2 min run/4 min walk ;		3. Single Leg Bridge holds	5 x 20-30 second holds each side
THURSDAY	7/18/2024	Strength	Strength Workout 2	4. Runners Matrix	3 x 10 rounds each leg
FRIDAY	7/19/2024	Warm up 5 min brisk walking ; 3 x 2 min run/4 min walk ;		5. Dying Bugs	3 sets of 5 reps each side
SATURDAY	7/20/2024	Rest Day			
SUNDAY	7/21/2024	Warm up 5 min brisk walking ; 4 x 2 min run/4 min walk ;			
Week 4					
MONDAY	7/22/2024	Rest Day			
TUESDAY	7/23/2024	Strength	Strength Workout 1		
WEDNESDAY	7/24/2024	Warm up 5 min brisk walking ; 4 x 2 min run/4 min walk ;			
THURSDAY	7/25/2024	Strength	Strength Workout 2		
FRIDAY	7/26/2024	Warm up 5 min brisk walking ; 4 x 2 min run/4 min walk ;			
SATURDAY	7/27/2024	Rest Day			
SUNDAY	7/28/2024	Warm up 5 min brisk walking ; 5 x 2 min run/4 min walk ;			
Week 5					
MONDAY	7/29/2024	Rest Day			
TUESDAY	7/30/2024	Strength	Strength Workout 3		
WEDNESDAY	7/31/2024	Warm up 5 min brisk walking ; 3 x 3 min run/3 min walk ;			
THURSDAY	8/1/2024	Strength	Strength Workout 2		
FRIDAY	8/2/2024	Warm up 5 min brisk walking ; 3 x 3 min run/3 min walk ;			
SATURDAY	8/3/2024	Rest Day			
SUNDAY	8/4/2024	Warm up 5 min brisk walking ; 4 x 3 min run/3 min walk ;			
Week 6					
MONDAY	8/5/2024	Rest Day			
TUESDAY	8/6/2024	Strength	Strength Workout 3		
WEDNESDAY	8/7/2024	Warm up 5 min brisk walking ; 4 x 3 min run/3 min walk ;			
THURSDAY	8/8/2024	Strength	Strength Workout 2		
FRIDAY	8/9/2024	Warm up 5 min brisk walking ; 4 x 3 min run/3 min walk ;			
SATURDAY	8/10/2024	Rest Day			
SUNDAY	8/11/2024	Warm up 5 min brisk walking ; 5 x 3 min run/3 min walk ;			

Week 7			
MONDAY	8/12/2024	Rest Day	
TUESDAY	8/13/2024	Strength	Strength Workout 3
WEDNESDAY	8/14/2024	Warm up 5 min brisk walking ; 3 x 4 min run/2 min walk ;	
THURSDAY	8/15/2024	Strength	Strength Workout 2
FRIDAY	8/16/2024	Warm up 5 min brisk walking ; 3 x 4 min run/2 min walk ;	
SATURDAY	8/17/2024	Rest Day	
SUNDAY	8/18/2024	Warm up 5 min brisk walking ; 4 x 4 min run/2 min walk ;	
Week 8			
MONDAY	8/19/2024	Rest Day	
TUESDAY	8/20/2024	Strength	Strength Workout 3
WEDNESDAY	8/21/2024	Warm up 5 min brisk walking ; 4 x 4 min run/2 min walk ;	
THURSDAY	8/22/2024	Strength	Strength Workout 2
FRIDAY	8/23/2024	Warm up 5 min brisk walking ; 4 x 4 min run/2 min walk ;	
SATURDAY	8/24/2024	Rest Day	
SUNDAY	8/25/2024	Warm up 5 min brisk walking ; 5 x 4 min run/2 min walk ;	
Week 9			
MONDAY	8/26/2024	Rest Day	
TUESDAY	8/27/2024	Strength	Strength Workout 1
WEDNESDAY	8/28/2024	Warm up 5 min brisk walking ; 3 x 5 min run/1 min walk ;	
THURSDAY	8/29/2024	Strength	Strength Workout 3
FRIDAY	8/30/2024	Warm up 5 min brisk walking ; 3 x 5 min run/1 min walk ;	
SATURDAY	8/31/2024	Rest Day	
SUNDAY	9/1/2024	Warm up 5 min brisk walking ; 4 x 5 min run/1 min walk ;	
Week 10			
MONDAY	9/2/2024	Rest Day	
TUESDAY	9/3/2024	Strength	Strength Workout 1
WEDNESDAY	9/4/2024	Warm up 5 min brisk walking ; 4 x 5 min run/1 min walk ;	
THURSDAY	9/5/2024	Strength	Strength Workout 3
FRIDAY	9/6/2024	Warm up 5 min brisk walking ; 4 x 5 min run/1 min walk ;	

SATURDAY	9/7/2024	Rest Day	
SUNDAY	9/8/2024	Warm up 5 min brisk walking ; 5 x 5 min run/1 min walk ;	
Week 11			
MONDAY	9/9/2024	Rest Day	
TUESDAY	9/10/2024	Strength	Strength Workout 1
WEDNESDAY	9/11/2024	Warm up 5 min brisk walking ; 20 min running	
THURSDAY	9/12/2024	Strength	Strength Workout 3
FRIDAY	9/13/2024	Warm up 5 min brisk walking ; 20 min running	
SATURDAY	9/14/2024	Rest Day	
SUNDAY	9/15/2024	Warm up 5 min brisk walking ; 25 min running	
Week 12 RACE WEEK!			
MONDAY	9/16/2024	Rest Day	
TUESDAY	9/17/2024	Strength	Strength Workout 1
WEDNESDAY	9/18/2024	Warm up 5 min brisk walking ; 20 min running	
THURSDAY	9/19/2024	Strength	Strength Workout 3
FRIDAY	9/20/2024	Warm up 5 min brisk walking ; 20 min running	
SATURDAY	9/21/2024	Rest Day	
SUNDAY	9/22/2024	3.1 Miles RACE DAY!	