Bellingham Bay MARATHON
Presented By Peace Health

ATE 5k PLAN:
This plan is ideal for runners who have run at least 1-2 5k's before and regularly log up to 15-20 miles per week. This plan starts at 17.5 miles for the first week and works up to a peak week of ~27 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 (9/10 RPE) 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	3 Miles with 4 Strides	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	**Tempo:** Warm up 15 min. 2 x 10 min tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 1
WEDNESDAY	7/10/2024	3 Mile Easy Run	
THURSDAY	7/11/2024	4 Miles with 4 Strides	Strength Workout 2
FRIDAY	7/12/2024	Rest Day	
SATURDAY	7/13/2024	3 Mile Easy Run	
SUNDAY	7/14/2024	Endurance Run: 4 miles	
Week 3			
MONDAY	7/15/2024	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
5. Russian Twists	3 x 10-20 each side
Strengh Workout 3:	
1. Lateral Band Walk	3 x 15 steps each direction

Day	Date	Workout	Strength
TUESDAY	7/16/2024	**Speed Intervals:** Warm up 1.5 miles ; 5 x 400 at 5k race pace (9/10 RPE) 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	4 Miles with 4 Strides	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	**Tempo:** Warm up 15 min. 2 x 12 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 1
WEDNESDAY	7/24/2024	4 Mile Easy Run	
THURSDAY	7/25/2024	4 Miles with 4 Strides	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 (9/10 RPE) 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	4.5 Miles with 4 Strides	Strength Workout 2
FRIDAY	8/2/2024	Rest Day	
SATURDAY	8/3/2024	4 Mile Easy Run	
SUNDAY	8/4/2024	Endurance Run: 5.5 miles	
Week 6			
MONDAY	8/5/2024	Rest Day	
TUESDAY	8/6/2024	**Tempo:** Warm up 15 min. 2 x 15 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 3
WEDNESDAY	8/7/2024	4.5 Mile Easy Run	
THURSDAY	8/8/2024	4 Miles with 4 Strides	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	
Week 7			
MONDAY	8/12/2024	Rest Day	

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.
Strides	Strides are a speed development workout. The goal is not aerobic development or getting in a "good workout." Rather, it's about foot turnover and good running form. They increase your running economy by reinforcing proper form. Do 1-2 miles of easy running before you start your strides. Strides will be 30 second intervals and you want to start the stride by running easy focusing on short, quick strides and then gradually increase your speed so by the end of the 30 seconds you are running at a controlled fast pace.
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.
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.

TUESDAY	8/13/2024	**Speed Intervals:** Warm up 1.5 miles ; 7 x 400 at 5k race pace (9/10 RPE) 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	4 Miles with 4 Strides	Strength Workout 2
FRIDAY	8/16/2024	Rest Day	
SATURDAY	8/17/2024	4 Mile Easy Run	
SUNDAY	8/18/2024	Endurance Run: 7 miles	
Week 8			
MONDAY	8/19/2024	Rest Day	
TUESDAY	8/20/2024	**Tempo:** Warm up 15 min. 35 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 3
WEDNESDAY	8/21/2024	4.5 Mile Easy Run	
THURSDAY	8/22/2024	5 Miles with 5 Strides	Strength Workout 2
FRIDAY	8/23/2024	Rest Day	
SATURDAY	8/24/2024	4 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 ; 8 x 400 at 5k race pace (9/10 RPE) with 200 m recovery between intervals ; Cool Down 1.5 mile	Strength Workout 1
WEDNESDAY	8/28/2024	4.5 Mile Easy Run	
THURSDAY	8/29/2024	5 Miles with 5 Strides	Strength Workout 3
FRIDAY	8/30/2024	Rest Day	
SATURDAY	8/31/2024	4 Mile Easy Run	
SUNDAY	9/1/2024	Endurance Run: 7 miles	
Week 10			
MONDAY	9/2/2024	Rest Day	
TUESDAY	9/3/2024	**Tempo:** Warm up 15 min. 2 x 20 min at tempo with 4 min recovery between intervals: Cool Down 15 min	Strength Workout 1
WEDNESDAY	9/4/2024	4 Mile Easy Run	
THURSDAY	9/5/2024	4 Miles with 4 Strides	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 (9/10 RPE) 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	4 Miles with 4 Strides	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**	**3.1 Miles RACE DAY!**	