

# Bellingham Bay Presented By Peace Health

**MARATHON**

**TRAIL PLAN:**  
 This plan ideal for beginner runners who have been running between 10-15 miles per week for the last 4-6 weeks. The weekly mileage starts at 7.5 miles per week and peaks at 19 miles per week. The long run starts at 3 miles and peaks at 11 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
<b>Week 1</b>			
MONDAY	7/1/2024	Rest Day	
TUESDAY	7/2/2024	Strength	Strength Workout 1
WEDNESDAY	7/3/2024	2 Mile Easy Run	
THURSDAY	7/4/2024	Strength	Strength Workout 2
FRIDAY	7/5/2024	2.5 Mile Easy Run	
SATURDAY	7/6/2024	Rest Day	
SUNDAY	7/7/2024	3 Mile endurance run	
<b>Week 2</b>			
MONDAY	7/8/2024	Rest Day	
TUESDAY	7/9/2024	Strength	Strength Workout 1
WEDNESDAY	7/10/2024	2 Mile Easy Run	
THURSDAY	7/11/2024	Strength	Strength Workout 2
FRIDAY	7/12/2024	3 Mile Easy Run	
SATURDAY	7/13/2024	Rest Day	
SUNDAY	7/14/2024	4 Mile endurance run	
<b>Week 3</b>			
MONDAY	7/15/2024	Rest Day	
TUESDAY	7/16/2024	Strength	Strength Workout 1
WEDNESDAY	7/17/2024	3 Mile Easy Run	
THURSDAY	7/18/2024	Strength	Strength Workout 2
FRIDAY	7/19/2024	3 Mile Easy Run	
SATURDAY	7/20/2024	Rest Day	
SUNDAY	7/21/2024	5 Mile endurance run	
<b>Week 4</b>			
MONDAY	7/22/2024	Rest Day	
TUESDAY	7/23/2024	Strength	Strength Workout 1
WEDNESDAY	7/24/2024	3 Mile Easy Run	

STRENGTH WORKOUTS	Sets and Reps
ALL STRENGTH VIDEOS CAN BE FOUND AT : <a href="https://www.youtube.com/@CoachAliciaJenkinsBrowder">https://www.youtube.com/@CoachAliciaJenkinsBrowder</a>	
<b>Strength Workout 1:</b>	
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
<b>Strength Workout 2:</b>	
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
<b>Strength Workout 3:</b>	
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	
<b>Easy Run</b>	Run at conversational pace. You can utilize the run/walk method if needed and run 2 minutes then walk 30 seconds and repeat that until you reach the scheduled mileage.

THURSDAY	7/25/2024	Strength	Strength Workout 2
FRIDAY	7/26/2024	3 Mile Easy Run	
SATURDAY	7/27/2024	Rest Day	
SUNDAY	7/28/2024	6 Mile endurance run	
<b>Week 5</b>			
MONDAY	7/29/2024	Rest Day	
TUESDAY	7/30/2024	Strength	Strength Workout 3
WEDNESDAY	7/31/2024	3 Mile Easy Run	
THURSDAY	8/1/2024	Strength	Strength Workout 2
FRIDAY	8/2/2024	4 Mile Easy Run	
SATURDAY	8/3/2024	Rest Day	
SUNDAY	8/4/2024	7 Mile endurance run	
<b>Week 6</b>			
MONDAY	8/5/2024	Rest Day	
TUESDAY	8/6/2024	Strength	Strength Workout 3
WEDNESDAY	8/7/2024	4 Mile Easy Run	
THURSDAY	8/8/2024	Strength	Strength Workout 2
FRIDAY	8/9/2024	4 Mile with 4 strides	
SATURDAY	8/10/2024	Rest Day	
SUNDAY	8/11/2024	4 Mile endurance run	
<b>Week 7</b>			
MONDAY	8/12/2024	Rest Day	
TUESDAY	8/13/2024	Strength	Strength Workout 3
WEDNESDAY	8/14/2024	4 Mile Easy Run	
THURSDAY	8/15/2024	Strength	Strength Workout 2
FRIDAY	8/16/2024	4 Mile with 4 strides	
SATURDAY	8/17/2024	Rest Day	
SUNDAY	8/18/2024	8 Mile endurance run	
<b>Week 8</b>			
MONDAY	8/19/2024	Rest Day	
TUESDAY	8/20/2024	Strength	Strength Workout 3
WEDNESDAY	8/21/2024	4 Mile Easy Run	
THURSDAY	8/22/2024	Strength	Strength Workout 2
FRIDAY	8/23/2024	5 Mile with 5 strides	
SATURDAY	8/24/2024	Rest Day	
SUNDAY	8/25/2024	9 Mile endurance run	
<b>Week 9</b>			
MONDAY	8/26/2024	Rest Day	
TUESDAY	8/27/2024	Strength	Strength Workout 1
WEDNESDAY	8/28/2024	4 Mile Easy Run	
THURSDAY	8/29/2024	Strength	Strength Workout 3
FRIDAY	8/30/2024	5 Mile with 5 strides	
SATURDAY	8/31/2024	Rest Day	
SUNDAY	9/1/2024	10 Mile endurance run	

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<b>Strides</b>	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.	
<b>Endurance Run</b>	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.	

Week 10			
MONDAY	9/2/2024	Rest Day	
TUESDAY	9/3/2024	Strength	Strength Workout 1
WEDNESDAY	9/4/2024	4 Mile Easy Run	
THURSDAY	9/5/2024	Strength	Strength Workout 3
FRIDAY	9/6/2024	4 Mile with 4 strides	
SATURDAY	9/7/2024	Rest Day	
SUNDAY	9/8/2024	11 Mile endurance run	
Week 11			
MONDAY	9/9/2024	Rest Day	
TUESDAY	9/10/2024	Strength	Strength Workout 1
WEDNESDAY	9/11/2024	3 Mile Easy Run	
THURSDAY	9/12/2024	Strength	Strength Workout 3
FRIDAY	9/13/2024	3 Mile with 3 stides	
SATURDAY	9/14/2024	Rest Day	
SUNDAY	9/15/2024	5 Mile Endurance Run	
Week 12 RACE WEEK!			
MONDAY	9/16/2024	Rest Day	
TUESDAY	9/17/2024	Strength	Strength Workout 1
WEDNESDAY	9/18/2024	3 Mile Easy Run	
THURSDAY	9/19/2024	Strength	Strength Workout 3
FRIDAY	9/20/2024	2.5 Mile Easy Run	
SATURDAY	9/21/2024	Rest Day	
SUNDAY	9/22/2024	13.1 Miles RACE DAY!	