

Bellingham Bay Presented By Peace Health

MARATHON

PLAN:

This plan is ideal for runners who have some race experience and regularly log up to 20-30 miles per week. This plan starts ~25 miles for the first week and works up to a peak week of 37 miles prior to race day. The long run starts at 8 miles and peaks at 12 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	4 Miles with 4 strides	Strength Workout 1
WEDNESDAY	7/3/2024	5 Mile Easy Run	
THURSDAY	7/4/2024	Rest Day	
FRIDAY	7/5/2024	30 Minute Tempo Run	Strength Workout 2
SATURDAY	7/6/2024	3 Mile Easy Run	
SUNDAY	7/7/2024	8 Mile Endurance Run	
Week 2			
MONDAY	7/8/2024	Rest Day	
TUESDAY	7/9/2024	4 Miles with 4 strides	Strength Workout 1
WEDNESDAY	7/10/2024	5 Mile Easy Run	
THURSDAY	7/11/2024	Rest Day	
FRIDAY	7/12/2024	VO2 Max Run: Warm up 2 miles. 5 x 400 m at 5k pace/effort. Recover 200 m inbetween intervals; Cool Down 2 miles	Strength Workout 2
SATURDAY	7/13/2024	3 Mile Easy Run	
SUNDAY	7/14/2024	9 Mile Endurance Run	
Week 3			
MONDAY	7/15/2024	Rest Day	
TUESDAY	7/16/2024	5 Miles with 5 strides	Strength Workout 1
WEDNESDAY	7/17/2024	6 Mile Easy Run	
THURSDAY	7/18/2024	Rest Day	
FRIDAY	7/19/2024	35 Minute Tempo Run	Strength Workout 2
SATURDAY	7/20/2024	3 Mile Easy Run	

STRENGTH WORKOUTS	Sets and Reps
ALL STRENGTH VIDEOS CAN BE FOUND AT : https://www.youtube.com/@CoachAliciaJenkinsBrowder	
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
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

SUNDAY	7/21/2024	10 Mile Progression Long Run. Increase effort/pace every 2.5 miles so that last 3 miles are at 5k race pace/effort	
Week 4			
MONDAY	7/22/2024	Rest Day	
TUESDAY	7/23/2024	5 Miles with 5 strides	Strength Workout 1
WEDNESDAY	7/24/2024	5 Mile Easy Run	
THURSDAY	7/25/2024	Rest Day	
FRIDAY	7/26/2024	VO2 Max Run: Warm up 2 miles. 6 x 400 m at 5k pace/effort. Recover 200 m inbetween intervals; Cool Down 2 miles	Strength Workout 2
SATURDAY	7/27/2024	3 Mile Easy Run	
SUNDAY	7/28/2024	10 Mile Endurance Run	
Week 5			
MONDAY	7/29/2024	Rest Day	
TUESDAY	7/30/2024	6 Miles with 6 strides	Strength Workout 3
WEDNESDAY	7/31/2024	7 Mile Easy Run	
THURSDAY	8/1/2024	Rest Day	
FRIDAY	8/2/2024	40 Minute Tempo Run	Strength Workout 2
SATURDAY	8/3/2024	4 Mile Easy Run	
SUNDAY	8/4/2024	12 Mile Progression Long Run. Increase effort/pace every 3 miles so that last 3 miles are at 5k race pace/effort	
Week 6			
MONDAY	8/5/2024	Rest Day	
TUESDAY	8/6/2024	6 Miles with 6 strides	Strength Workout 3
WEDNESDAY	8/7/2024	7 Mile Easy Run	
THURSDAY	8/8/2024	Rest Day	
FRIDAY	8/9/2024	VO2 Max Run: Warm up 2 miles. 4 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool Down 2 miles	Strength Workout 2
SATURDAY	8/10/2024	4 Mile Easy Run	
SUNDAY	8/11/2024	11 Mile Endurance Run	
Week 7			
MONDAY	8/12/2024	Rest Day	
TUESDAY	8/13/2024	5 Miles with 5 strides	Strength Workout 3
WEDNESDAY	8/14/2024	6 Mile Easy Run	
THURSDAY	8/15/2024	Rest Day	
FRIDAY	8/16/2024	45 Minute Tempo Run	Strength Workout 2
SATURDAY	8/17/2024	3 Mile Easy Run	

Workout Description	
Easy Run	Run at conversational pace.
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.
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.
VO2 MAX	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 Run	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 sentences before out of breath.

SUNDAY	8/18/2024	12 Mile Progression Long Run. Increase effort/pace every 3 miles so that last 3 miles are at 5k race pace/effort	
Week 8			
MONDAY	8/19/2024	Rest Day	
TUESDAY	8/20/2024	6 Miles with 6 strides	Strength Workout 3
WEDNESDAY	8/21/2024	7 Mile Easy Run	
THURSDAY	8/22/2024	Rest Day	
FRIDAY	8/23/2024	VO2 Max Run: Warm up 2 miles. 5 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool Down 2 miles	Strength Workout 2
SATURDAY	8/24/2024	4 Mile Easy Run	
SUNDAY	8/25/2024	10 Mile Endurance Run	
Week 9			
MONDAY	8/26/2024	Rest Day	
TUESDAY	8/27/2024	6 Miles with 6 strides	Strength Workout 1
WEDNESDAY	8/28/2024	7 Mile Easy Run	
THURSDAY	8/29/2024	Rest Day	
FRIDAY	8/30/2024	40 Minute Tempo Run	Strength Workout 3
SATURDAY	8/31/2024	4 Mile Easy Run	
SUNDAY	9/1/2024	11 Mile endurance run	
Week 10			
MONDAY	9/2/2024	Rest Day	
TUESDAY	9/3/2024	6 Miles with 6 strides	Strength Workout 1
WEDNESDAY	9/4/2024	7 Mile Easy Run	
THURSDAY	9/5/2024	Rest Day	
FRIDAY	9/6/2024	VO2 Max Run: Warm up 2 miles. 5 x 800 m at 5k pace/effort. Recover 400 m inbetween intervals; Cool Down 2 miles	Strength Workout 3
SATURDAY	9/7/2024	4 Mile Easy Run	
SUNDAY	9/8/2024	12 Mile endurance run	
Week 11			
MONDAY	9/9/2024	Rest Day	
TUESDAY	9/10/2024	5 Miles with 5 strides	Strength Workout 1
WEDNESDAY	9/11/2024	6 Mile Easy Run	
THURSDAY	9/12/2024	Rest Day	
FRIDAY	9/13/2024	30 Minute Tempo Run	Strength Workout 3
SATURDAY	9/14/2024	3 Mile Easy Run	
SUNDAY	9/15/2024	10 Mile Endurance Run	
Week 12 RACE WEEK!			
MONDAY	9/16/2024	Rest Day	

