

Bellingham Bay Presented By Peace Health

MARATHON

RATHON PLAN:
 This plan is meant for runners who have 2-3 years of running experience and who have finished a few half marathons, finished a marathon, and regularly log up to 30 miles per week. This plan starts at 24 miles for the first week and works up to a peak week of 50 miles prior to race day. The long run starts at 8 miles and peaks at 22 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	5/20/2023	Rest Day	
TUESDAY	5/21/2023	4 Miles Hills	Strength Workout 1
WEDNESDAY	5/22/2023	4 Mile Easy Run	
THURSDAY	5/23/2023	Rest Day	Strength Workout 2
FRIDAY	5/24/2023	4 Miles Easy with 4 strides	
SATURDAY	5/25/2023	4 Miles Easy	
SUNDAY	5/26/2023	8 Mile Endurance Run	
Week 2			
MONDAY	5/27/2023	Rest Day	
TUESDAY	5/28/2023	4 Miles Hills	Strength Workout 1
WEDNESDAY	5/29/2023	4 Mile Recovery Run	
THURSDAY	5/30/2023	Rest Day	Strength Workout 2
FRIDAY	5/31/2023	4 Miles Easy with 4 strides	
SATURDAY	6/1/2023	4 Miles Easy	
SUNDAY	6/2/2023	9 Mile Endurance Run	
Week 3			
MONDAY	6/3/2023	Rest Day	
TUESDAY	6/4/2023	5 Miles Hills	Strength Workout 1
WEDNESDAY	6/5/2023	4 Mile Easy Run	
THURSDAY	6/6/2023	Rest Day	Strength Workout 2
FRIDAY	6/7/2023	4 Miles Easy with 4 strides	
SATURDAY	6/8/2023	4 Miles Easy	
SUNDAY	6/9/2023	11 Mile Endurance Run	
Week 4			
MONDAY	6/10/2023	Rest Day	
TUESDAY	6/11/2023	5 Miles Hills	Strength Workout 1
WEDNESDAY	6/12/2023	4 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

Workout Description	
Easy Run	Run at conversational pace.

THURSDAY	6/13/2023	Rest Day	Strength Workout 2		
FRIDAY	6/14/2023	4 Miles Easy with 4 strides		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.
SATURDAY	6/15/2023	4 Miles Easy			
SUNDAY	6/16/2023	9 Mile Endurance Run			
Week 5					
MONDAY	6/17/2023	Rest Day		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.
TUESDAY	6/18/2023	6 Miles Hills	Strength Workout 3		
WEDNESDAY	6/19/2023	5 Mile Easy Run			
THURSDAY	6/20/2023	Rest Day	Strength Workout 2		
FRIDAY	6/21/2023	4 Miles Easy with 4 strides		Hills	Run the mileage on the hilliest route you can found. The purpose of this is to help build strength in the first 8 weeks before we add in speed work
SATURDAY	6/22/2023	4 Miles Easy			
SUNDAY	6/23/2023	12 Mile Endurance Run			
Week 6					
MONDAY	6/24/2023	Rest Day		Running 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	6/25/2023	7 Miles Hills	Strength Workout 3		
WEDNESDAY	6/26/2023	4 Mile Easy Run			
THURSDAY	6/27/2023	Rest Day	Strength Workout 2		
FRIDAY	6/28/2023	4 Miles Easy with 2 at goal marathon 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 sentences before out of breath.
SATURDAY	6/29/2023	4 Miles Easy			
SUNDAY	6/30/2023	13 Mile Endurance Run			
Week 7					
MONDAY	7/1/2023	Rest Day		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 sentences before out of breath.
TUESDAY	7/2/2023	6 Miles Hills	Strength Workout 3		
WEDNESDAY	7/3/2023	5 Mile Easy Run			
THURSDAY	7/4/2023	Rest Day	Strength Workout 2		
FRIDAY	7/5/2023	4 Miles Easy with 2 at goal marathon 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 sentences before out of breath.
SATURDAY	7/6/2023	4 Miles Easy			
SUNDAY	7/7/2023	10 Mile Endurance Run			
Week 8					
MONDAY	7/8/2023	Rest Day		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 sentences before out of breath.
TUESDAY	7/9/2023	7 Miles Hills	Strength Workout 3		
WEDNESDAY	7/10/2023	5 Mile Easy Run			
THURSDAY	7/11/2023	Rest Day	Strength Workout 2		
FRIDAY	7/12/2023	4 Miles Easy with 4 strides		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 sentences before out of breath.
SATURDAY	7/13/2023	5 Miles Easy			
SUNDAY	7/14/2023	12 Mile Endurance Run			
Week 9					
MONDAY	7/15/2023	Rest Day		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 sentences before out of breath.
TUESDAY	7/16/2023	Running Intervals. Warm up 2 miles. Run 4 x 600 m with 300 m recovery inbetween intervals. Cool Down 2 Miles	Strength Workout 1		
WEDNESDAY	7/17/2023	5 Mile Recovery Run			
THURSDAY	7/18/2023	Rest Day	Strength Workout 3		
FRIDAY	7/19/2023	6 Miles Easy with 3 at goal marathon pace			

SATURDAY	7/20/2023	5 Miles Easy	
SUNDAY	7/21/2023	13 Mile Endurance Run	
Week 10			
MONDAY	7/22/2023	Rest Day	
TUESDAY	7/23/2023	Running Intervals. Warm up 2 miles. Run 6 x 400 m with 200 m recovery inbetween intervals. Cool Down 2 Miles	Strength Workout 1
WEDNESDAY	7/24/2023	5 Mile Recovery Run	
THURSDAY	7/25/2023	Rest Day	Strength Workout 3
FRIDAY	7/26/2023	6 Miles Easy with 3 at goal marathon pace	
SATURDAY	7/27/2023	5 Miles Easy	
SUNDAY	7/28/2023	14 Mile Endurance Run	
Week 11			
MONDAY	7/29/2023	Rest Day	
TUESDAY	7/30/2023	Running Intervals. Warm up 2 miles. Run 4 x 600 m with 300 m recovery inbetween intervals. Cool Down 2 Miles	Strength Workout 1
WEDNESDAY	7/31/2023	5 Mile Recovery Run	
THURSDAY	8/1/2023	Rest Day	Strength Workout 3
FRIDAY	8/2/2023	6 Miles Easy with 4 miles at goal marathon pace	
SATURDAY	8/3/2023	6 Miles Easy	
SUNDAY	8/4/2023	16 Mile Endurance Run with fast finish	
Week 12			
MONDAY	8/5/2023	Rest Day	
TUESDAY	8/6/2023	Tempo Run. Warm up 1.5 Miles. 2 x 2 miles at tempo pace with 2 min recovery between intervals. Cool down 1.5 miles	Strength Workout 1
WEDNESDAY	8/7/2023	5 Mile Recovery Run	
THURSDAY	8/8/2023	Rest Day	Strength Workout 3
FRIDAY	8/9/2023	7 Miles Easy with 5 miles at goal marathon pace	
SATURDAY	8/10/2023	6 Miles Easy	
SUNDAY	8/11/2023	18 Mile Endurance Run with fast finish	
Week 13			
MONDAY	8/12/2023	Rest Day	
TUESDAY	8/13/2023	Tempo Run. Warm up 1.5 Miles. 3 x 2 miles at tempo pace with 2 min recovery between intervals. Cool down 1.5 miles	Strength Workout 1
WEDNESDAY	8/14/2023	6 Mile Recovery Run	
THURSDAY	8/15/2023	Rest Day	Strength Workout 2
FRIDAY	8/16/2023	7 Miles Easy with 5 miles at goal marathon pace	
SATURDAY	8/17/2023	6 Miles Easy	

SUNDAY	8/18/2023	20 Mile Endurance Run with fast finish	
Week 14			
MONDAY	8/19/2023	Rest Day	
TUESDAY	8/20/2023	Tempo Run. Warm up 20 minutes. Run 20 min at tempo race. Cool down 20 minutes	Strength Workout 1
WEDNESDAY	8/21/2023	6 Mile Recovery Run	
THURSDAY	8/22/2023	Rest Day	Strength Workout 2
FRIDAY	8/23/2023	5 Miles Easy with 3 miles at goal marathon pace	
SATURDAY	8/24/2023	7 Miles Easy	
SUNDAY	8/25/2023	14 Mile Endurance Run	
Week 15			
MONDAY	8/26/2023	Rest Day	
TUESDAY	8/27/2023	Tempo Run. Warm up 1.5 Miles. 6 x 1 mile at tempo pace with 2 min recovery between intervals. Cool down 1.5 miles	Strength Workout 1
WEDNESDAY	8/28/2023	6 Mile Recovery Run	
THURSDAY	8/29/2023	Rest Day	Strength Workout 2
FRIDAY	8/30/2023	7 Miles Easy with 5 miles at goal marathon pace	
SATURDAY	8/31/2023	6 Miles Easy	
SUNDAY	9/1/2023	22 Mile Endurance Run	
Week 16			
MONDAY	9/2/2023	Rest Day	
TUESDAY	9/3/2023	Tempo Run. Warm up 20 minutes. Run 20 min at tempo pace. Cool down 20 minutes	Strength Workout 1
WEDNESDAY	9/4/2023	6 Mile Recovery Run	
THURSDAY	9/5/2023	Rest Day	Strength Workout 2
FRIDAY	9/6/2023	5 Miles Easy with 5 strides	
SATURDAY	9/7/2023	7 Mile Easy Run	
SUNDAY	9/8/2023	15 Mile Endurance Run	
Week 17			
MONDAY	9/9/2023	Rest Day	
TUESDAY	9/10/2023	5 Miles Easy with 5 strides	Strength Workout 3
WEDNESDAY	9/11/2023	4 Miles Easy	
THURSDAY	9/12/2023	Rest Day	Strength Workout 2
FRIDAY	9/13/2023	4 Miles Easy with 4 strides	
Saturday	9/14/2023	5 Miles Easy	
Sunday	9/15/2023	12 Mile Endurance Run	
Week 18			
MONDAY	9/16/2023	Rest Day	
TUESDAY	9/17/2023	6 Miles with 2 miles at goal Marathon Pace	Strength Workout 3
WEDNESDAY	9/18/2023	5 Miles Easy	
THURSDAY	9/19/2023	Rest Day	Strength Workout 2

	FRIDAY	9/20/2023	Rest Day				
	Saturday	9/21/2023	3 Miles Easy with 4 strides				
	SUNDAY	9/22/2023	MARATHON 26.2!				