MARATHON TRAIL RUN TRAINING GUIDE

AT LEAST HALF OF YOUR RUNS SHOULD BE DONE ON TRAILS.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 min. Hills	4 miles Easy Run	30 min. Tempo Run	Active Rest	3 miles Easy Run	8 miles. Long Run	Rest
WEEK 2	15 min. Speed	4 miles Easy Run	30 min. Tempo Run	Active Rest	3 miles Easy Run	10 miles. Long Run	Rest
WEEK 3	35 min. Hills	4 miles Easy Run	35 min. Tempo Run	Active Rest	3 miles Easy Run	12 miles. Long Run	Rest
WEEK 4	40 min. Hills	5 miles Easy Run	40 min. Tempo Run	Active Rest	4 miles Easy Run	6 miles. Long Run	Rest
WEEK 5	20 min. Speed	5 miles Easy Run	50 min. Tempo Run	Active Rest	3 miles Easy Run	14 miles. Long Run	Rest
WEEK 6	45 min. Hills	5 miles Easy Run	60 min. Tempo Run	Active Rest	5 miles Easy Run	13 miles. Long Run	Rest
WEEK 7	20 min. Speed	6 miles Easy Run	50 min. Tempo Run	Active Rest	4 miles Easy Run	16 miles. Long Run	Rest
WEEK 8	45 min. Hills	5 miles Easy Run	60 min. Tempo Run	Active Rest	3 miles Easy Run	17 miles. Long Run	Rest
WEEK 9	50 min. Hills	6 miles Easy Run	70 min. Tempo Run	Active Rest	4 miles Easy Run	8 miles. Long Run	Rest
WEEK 10	25 min. Speed	5 miles Easy Run	50 min. Tempo Run	Active Rest	3 miles Easy Run	18 miles. Long Run	Rest
WEEK 11	40 min. Hills	7 miles Easy Run	80 min. Tempo Run	Active Rest	3 miles Easy Run	13 miles. Long Run	Rest
WEEK 12	20 min. Speed	5 miles Easy Run	70 min. Tempo Run	Active Rest	3 miles Easy Run	20 miles. Long Run	Rest
WEEK 13	35 min. Hills	7 miles Easy Run	60 min. Tempo Run	Active Rest	4 miles Easy Run	15 miles. Long Run	Rest
WEEK 14	40 min. Hills	8 miles Easy Run	40 min. Tempo Run	Active Rest	4 miles Easy Run	12 miles. Long Run	Rest
WEEK 15	30 min. Hills	10 miles Easy Run	20 min. Tempo Run	Active Rest	3 miles Easy Run	9 miles. Long Run	Rest
WEEK 16	4 miles Easy Run	4 miles Easy Run	3 miles Easy Run	Active Rest	2 miles Easy Run	RACE DAY (26.2 miles)	Sleep.

ALL RUNS (EXCEPT EASY ONES), ALONG WITH HILL WORK, SHOULD BE PRECEDED BY 5 MINUTES OF DYNAMIC WARM-UP AND FOLLOWED BY 5 MINUTES OF COOLDOWN AND 10 MINUTES OF STRETCHING.

EASY RUNS

These are your most relaxed runs, where you are building cardiovascular base miles.

Easy-Run Pace: 60-65% of HRmax OR you can carry on a conversation as you run.

SPEED RUNS

Total speed-pace segments or intervals should add up to that day's total time. Do speed-paced runs in segments/intervals of 1 to 5 minutes, spaced apart by a short jog/walk between them. Get creative: On a 20-minute speed day you could do five 4-minute segments, ten 2-minute segments or six 2-minute segments plus two 4-minute segments. Always include a warm-up run beforehand and a cooldown run afterwards.

Speed-Run Pace: 90+% of HRmax OR you're only able to gasp or grunt, not speak.

TEMPO RUNS

Total tempo-pace time should add up to that day's total time. Tempo-paced runs can be done in a single block of time or in segments, spaced apart by a short jog between them. However, no tempo segment should be shorter than 15 minutes. So a 20-minute day needs to be done uninterrupted, while a 35-minute day could be split into 20- and 15-minute segments. Always include a warm-up run beforehand and a cooldown run afterwards.

Tempo-Run Pace: 85-88% of HRmax OR you're only able to utter single words like "opt" or "outside."

LONG RUNS

These are where you really begin to stretch out your aerobic endurance.

Long-Run Pace: 70-80% of HRmax OR you can speak sentences, but not tell long-winded stories.

HILLS

Your total hill running time should add up to that day's total time. You can run up and back on a shorter trail or find a longer trail with plenty of uphill stretches. Try to run all uphill stretches at your tempo pace (or even a little faster). Always include a mile warm-up run beforehand and a mile cooldown run afterwards.

ACTIVE REST

Do any activity that keeps your muscles moving without taxing your cardiovascular fitness or recovery process. Activities might include light walking, passive yoga poses or a stretching/foam-rolling session. You can also do cross-training to build strength.

REST

The goal on these days is to give your body a break. Rest days are critical to avoid overuse injuries.

THIS SCHEDULE INCREASES YOUR WEEKLY MILEAGE TOTAL, GETTING YOU WITHIN 10–15 PERCENT OF YOUR RACE MILEAGE ON YOUR LONG RUNS. YOU DON'T NEED TO ACTUALLY RUN YOUR FULL EVENT DISTANCE BEFOREHAND, NOR DO YOU NEED TO TALLY WEEKLY MILES. IF YOU FOLLOW THIS PLAN, YOU'LL RACK UP THE MILES YOU NEED.