



**RUN** *coach* **JAMIE**

**13.1 PLAN**

**RUN DISNEY 2026**





## **Weekly Runs**

### **Monday Runs**

#### **Strides**

**During the last 10-15 min of your run, run at a quicker pace for 20 seconds**

**return to your conversational pace for 40 seconds**

**repeat drill 5- 6X**

**finish run in a conversational pace until you reach goal distance**

### **Wednesday Runs**

#### **Speedwork**

**Each week you will have the opportunity to try out different runs to help increase speed**

**This is an option- feel free to swap this for a conversational paced run**

### **Thursday Runs**

#### **Recovery runs OR Recovery Walk**

**These should be the slowest runs/walks of the week. These runs or walks will always be timed based throughout this training cycle**

### **Saturday Runs**

#### **Long Slow Run**

**Run:walk intervals permitted on all runs**

# Monday-

**Strides**

**2 miles /3 km/ 25 min**

# Wednesday-

**Progression run**

**2 mi/ 3 km/ 25 min**

**Warm up 5 min walk**

**Gradually increase speed every 3 min until you reach goal  
distance/time**

# Thursday

**Recovery Run/ Walk**

**15 min**

# Saturday-

**Long Slow Run**

**2 mi/3 km / 25 min**

**Practice talk test**

# Monday-

## Strides

2 miles /3 km/ 25 min

# Wednesday-

## Speed Interval Run

2 mi/ 3 km/ 25 min

Warm up 10 min walk/run

Run at a challenging pace for 20 seconds

Walk for 40 seconds

Repeat 5-8X

Finish run in a conversational pace until you reach goal distance/time

# Thursday

Recovery Run/ Walk

15 min

# Saturday-

Long Slow Run

3 mi/5 km / 35 min

Practice talk test

# Monday-

## Strides

2 miles /3 km/ 25 min

# Wednesday-

## Speed Interval Run

2 mi/ 3 km/ 25 min

Warm up 10 min walk/run

Run at a challenging pace for 30 seconds

Walk for 30 seconds

Repeat 5-7X

Finish run in a conversational pace until you reach goal distance/time

# Thursday

Recovery Run/ Walk

15 min

# Saturday-

Long Slow Run

4 mi/6.5 km / 45-50 min

Practice talk test

# Monday-

## Strides

2 miles /3 km/ 25 min

# Wednesday-

## Speed Interval Run

1 mi/ 1.5 km/ 15 min

Warm up 5 min walk/run

Run at a challenging pace for 15 seconds

Walk for 15 seconds

Repeat 5-12X

Finish run in a conversational pace until you reach goal distance/time

# Thursday

Recovery Run/ Walk

10 min

# Saturday-

Long Slow Run

3 mi/5 km / 35-40 min

Practice talk test

# Monday-

## Strides

3 miles /5 km/ 35 min

# Wednesday-

## Timed Mile or KM

2 mi/ 3 km/ 25 min

Warm up 10 min easy run

Run a mile or 1.5 km at your best effort of the day. Or run as fast as you can for 15 min, track your distance.

Finish run in a conversational pace until you reach goal distance/time

# Thursday

Recovery Run/ Walk

15 min

# Saturday-

Long Slow Run

4 mi/6.5 km / 45-55 min

Practice talk test

# Monday-

**Strides**

**3 miles /5 km/ 35 min**

# Wednesday-

**Progression Run**

**3 mi/ 5 km/ 35 min**

**Warm up 10 min easy run  
Gradually increase speed every 4 min  
until you reach goal distance/time**

# Thursday

**Recovery Run/ Walk**

**15 min**

# Saturday-

**Long Slow Run**

**5 mi/8 km / 55-65 min**

**Practice talk test**

# Monday-

## Strides

3 miles /5 km/ 35 min

# Wednesday-

## Hill Repeats

3 mi/ 5 km/ 35 min

Warm up 10 min easy run, find a hill

Run uphill for 30-45 seconds

Recover and walk down

Repeat 5-10X

Finish run in a conversational pace until you reach goal distance.

# Thursday

Recovery Run/ Walk

15 min

# Saturday-

Long Slow Run

6 mi/ 9.5 km /60-70 min

Practice talk test

# Monday-

## Strides

2 miles /3 km/ 25 min

# Wednesday-

## Speed Interval Run

2 mi/ 3 km/ 25 min

Warm up 10 min easy run

Run at challenging pace for 45 seconds

Easy run/walk 45 seconds

Repeat 4-8X

Finish run in a conversational pace until you reach goal distance/time

# Thursday

Recovery Run/ Walk

15 min

# Saturday-

Long Slow Run

5 mi/8 km / 50-60 min

Practice talk test

# Monday-

## Strides

3 miles /5 km/ 35 min

# Wednesday-

## Timed mile/km

3 mi/ 5 km/ 35 min

Warm up 10 min easy run

Run a mile or 1.5 km at your best effort of the day OR run as fast as you can for 15 min, track your progress.

Finish run in a conversational pace until you reach goal distance/time.

Celebrate your strong progress and growth

\*If you are running outside, try to use same course as your previous benchmark run

# Thursday

Recovery Run/ Walk

15 min

# Saturday-

Long Slow Run

6 mi/9.5 km / 60-75 min

Practice talk test

# Monday-

## Strides

4 miles /6.5 km/ 45 min

# Wednesday-

## Tempo Run

3 mi/ 5 km/ 35 min

Warm up 10 min easy run

Run 20-25 min at your goal race pace- this is a great opportunity to practice race day intervals, breathing, positive mindset- YOU GOT THIS!!!

Finish run in a conversational pace until you reach goal distance/time

# Thursday

Recovery Run/ Walk

15 min

# Saturday-

Long Slow Run

7 mi/11 km / 70-85 min

Practice talk test

# Monday-

## Strides

4 miles /6.5 km/ 45 min

# Wednesday-

## Speed Interval Run

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

Run at a challenging pace for 2 min

Rest/easy run for 30 seconds

Repeat 4-6 X

Finish in a conversational pace until you reach goal distance/time

# Thursday

Recovery Run/ Walk

20 min

# Saturday-

Long Slow Run

8 mi/12.5 km / 80-95 min

Practice talk test

# Monday-

## Strides

3 miles /5 km/ 35 min

# Wednesday-

## Speed Interval Run

3 mi/ 5 km/ 35 min

Warm up 10 min easy run

Run at a challenging pace for 2 min

Run at max effort for 30 seconds

Rest/easy run for 30 seconds

Repeat 4-5 X

Finish in a conversational pace until you reach goal distance/time

# Thursday

Recovery Run/ Walk

20 min

# Saturday-

Long Slow Run

7 mi/11 km / 70-85 min

Practice talk test

# Monday-

## Strides

4 miles /6.5 km/ 45 min

# Wednesday-

## Timed mile/km

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

run a mile or 1.5 km at your best effort of the day OR run as fast as you can for 15 min, track your progress.

Finish run in a conversational pace until you reach goal distance/time.

Celebrate your strong progress and growth

\*If you are running outside, try to use same course as your previous benchmark run

# Thursday

Recovery Run/ Walk

20 min

# Saturday-

Long Slow Run

9 mi/14.5 km / 90-100 min

Practice talk test

# Monday-

## Strides

4 miles /6.5 km/ 45 min

# Wednesday-

## Tempo Pacing

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

Run 25-30 min at your goal race pace- this is a great opportunity to practice race day intervals, breathing, positive mindset- YOU GOT THIS!!!

Finish run in a conversational pace until you reach goal distance/time

How do your efforts compare to the last time you completed this tempo run?

# Thursday

Recovery Run/ Walk

20 min

# Saturday-

Long Slow Run

10 mi/16 km /100- 115min

Practice talk test

# Monday-

## Strides

4 miles /6.5 km/ 45 min

# Wednesday-

## Hill Repeats

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run, find a hill

Run uphill for 30-45 seconds

Recover and walk down

Repeat 5-10X

Finish run in a conversational pace until you reach goal distance.

# Thursday

Recovery Run/ Walk

20 min

# Saturday-

Long Slow Run

11 mi/17 km /110- 125min

Practice talk test

# Monday-

## Strides

3 miles /5 km/ 35 min

# Wednesday-

## Progression Run Repeats

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

Gradually increase speed every 2 min 5X

recover for up to 2 min

repeat 2-3X

Finish run in a conversational pace until you reach goal distance.

# Thursday

## Recovery Run/ Walk

20 min

# Saturday-

## Long Slow Run

10 mi/16 km /100- 115min

Practice talk test

# Monday-

25 min easy, fun,  
conversational pace- this week  
is all about celebrating your  
hard work!!!

# Wednesday-

20 min easy, fun,  
conversational pace

# Friday

pre race shakeout- tomorrow's the  
exciting day :)

# Saturday

**HAVE FUN!!!!!!**  
**Congratulations!!!!!!!!!!**

What's next?

## Recover

***No speedwork for two weeks***

Walking, recovery runs, low impact exercises and rest are all great!

## Repeat the program

Use this as a guide and see how the efforts feel repeating this program.

## Get a personalized Plan

Check out other plans or get your own personalized plan

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