



RUN *coach* **JAMIE**

26.2 PLAN

RUN DISNEY 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1								
	8/18	2		3			4	9 miles
		3		5			6.5	14.5 KM
		25	15	3 5		15	45	135 min
Week 2								
	8/25	3		3			5	11 miles
		5		5			8	18KM
		35	15	3 5		15	55	155 min
Week 3								
	9/1	3		3			6	12 miles
		5		5			9.5	19.5 KM
		35	15	3 5		15	65	165 min
Week 4								
	9/8	3		2			5	10 miles
		5		3			8	16KM
	cutback	35	15	2 5		15	55	145 min
Week 5								
	9/15	4		3			7	14 miles
		6 . 5		5			11	22.5 KM
		45	15	3 5		15	70-80	180-190 min
Week 6								
	9/22	4		4			8	16 miles
		6 . 5		6 . 5			13	26KM
		4 5	20	4 5		15	80-90	205-215 min
Week 7								
	9/29	5		5			9	19 miles
		8		8			14.5	30.5 KM
		55	20	5 5		20	90-105	210-235 min
Week 8								
	10/6	4		5			8	17 miles
		6 . 5		8			13	27.5 KM
	cutback	45	15-20	5 5		15-20	90-95	100 min
Week 9								
	10/13	5		6			10	21 miles
		8		9 . 5			16	33.5 KM
		55	20	6 5		20	100-115	260-275 min
Week 10								
	10/20	5		6			12	23 miles
		8		9 . 5			19	36.5 KM
		55	20	6 5		20	120-130	280-305 min
Week 11								
	10/27	6		6			14	26 miles
		9 . 5		9 . 5			22.5	41.5 KM
		6 5	20-25	6 5		20-25	140-155	310-335 min
Week 12								
	11/3	5		5			12	22 miles
		8		8			19	35KM
	cutback	55	20	5 5		20 120-130		270-280 min
Week 13								
	11/10	5		6			14	25 miles
		8		9 . 5			22.5	40KM
		55	20-25	6 5		20-25	140-155	300-325 min
Week 14								
	11/17	6		6			15	27 miles
		9 . 5		9 . 5			24	43KM
		6 5	20-25	6 5		20-25	150-165	320-345 min
Week 15								
	11/24	7		7			16	30 miles
		11		1 1			25.5	47.5 KM
		75	25-30	7 5		20-30	160-175	360-385 min
Week 16								
	12/1	6		6			14	26 miles
		9 . 5		9 . 5			22.5	41.5 KM
	cutback	6 5	20-25	6 5		20-25	140-155	310-335 min
Week 17								
	12/8	7		6			16-18	29-31 miles
		11		9 . 5			25.5-29	46-49.5 KM
		75	25-30	6 5		25-30	160-185	350-385 min

Week 18									
	12/15	7		7			18-20		32-34 miles
		11		11			29-32		51-54 KM
peak week		75	25-30	75		25-30	180-200		380-410 min
Week 19									
	12/22	6		6			12-14		24-26 miles
		9.5		9.5			19-22.5		38-41.5 KM
		65	20-25	65		20-25	120-145		290-325 min
Week 20									
	12/29	4		4			8-10		16-18 miles
		6.5		6.5			13-16		26-29 KM
		45	15-20	45		15-20	80-105		200-235 min
Week 21									
	1/5						26.2		26.2 miles
									0KM
race week		30		25		20			75 min

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

Tuesday Runs

Recovery run 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**

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

Friday Runs

Shakeout run OR 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

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Progression run

3 mi/ 5 km/ 35 min

Warm up 5-10 min walk/run

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

Friday

Shakeout Run/ Walk

15 min

Saturday-

Long Slow Run

4 mi/6.5 km / 45 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Speed Interval Run

3 mi/ 5 km/ 35 min

Warm up 10 min walk/run

Run at a challenging pace for 20 seconds

Walk for 40 seconds

Repeat 6-10X

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

Friday

Shakeout Run/ Walk

15 min

Saturday-

Long Slow Run

5 mi/8 km / 55 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Speed Interval Run

3 mi/ 5 km/ 35 min

Warm up 10 min walk/run

Run at a challenging pace for 30 seconds

Walk for 30 seconds

Repeat 8-12X

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

Friday

Shakeout Run/ Walk

15 min

Saturday-

Long Slow Run

6 mi/9.5km / 65 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Speed Interval Run

2 mi/ 3 km/ 25 min

Warm up 10 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

Friday

Shakeout Run/ Walk

15 min

Saturday-

Long Slow Run

5 mi/8 km / 55 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Timed Mile or 1.5 KM Run

3 mi/ 5 km/ 35 min

Warm up with a 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

Friday

Shakeout Run/ Walk

15 min

Saturday-

Long Slow Run

7 mi/11 km / 70-80 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

Progression Run

4 mi/ 6.5 km/ 45 min

Warm up 10-15 min easy run
Gradually increase speed every 5 min
until you reach goal distance/time

Friday

Shakeout Run/ Walk

15 min

Saturday-

Long Slow Run

8 mi/13 km / 80-90 min

Practice talk test

Monday-

Strides

5 miles /8 km/ 55 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

Tempo Run

5 mi/ 8 km/ 55 min

Warm up 10-15 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

Friday

Shakeout Run/ Walk

20 min

Saturday-

Long Slow Run

9 mi/14.5 km / 90-105 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk

15-20 min

Wednesday-

Speed Interval Run

5 mi/ 8 km/ 55 min

Warm up 10-15 min easy run
run at challenging pace for 45 seconds

Easy run/walk 45 seconds

Repeat 6-10X

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

Friday

Shakeout Run/ Walk

15-20 min

Saturday-

Long Slow Run

8 mi/13 km / 80-95 min

Practice talk test

Monday-

Strides

5 miles /8 km/ 55 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

Speed Interval Run

6 mi/ 9.5 km/ 65 min

Warm up 10-15 min easy run

Run at challenging pace for 5 min

Walk/ easy run 1-2 min

Repeat 5-7X

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

Friday

Shakeout Run/ Walk

20 min

Saturday-

Long Slow Run

10 mi/16 km / 100-115 min

Practice talk test

Monday-

Strides

5 miles /8 km/ 55 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

Timed Mile or 1.5km

6 mi/ 9.5 km/ 65 min

Warm up 20 min easy run

Run 25-35 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 the efforts feel compared to the first time you completed the tempo run?

Friday

Shakeout Run/ Walk

20 min

Saturday-

Long Slow Run

12 mi/19 km / 120-130 min

Practice talk test

Monday-

Strides

6 miles /9.5 km/ 65 min

Tuesday

Recovery Run/ Walk

20-25 min

Wednesday-

Hill Repeats

6 mi/ 9.5 km/ 65 min

Warm up 20-25 min easy run, find a hill

Run uphill 30-45 seconds

Walk down and recover

Repeat 8-14X

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

Friday

Shakeout Run/ Walk

20-25 min

Saturday-

Long Slow Run

14 mi/22.5 km / 140-155 min

Practice talk test

Monday-

Strides

5 miles /8 km/ 55 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

20:20:20

5 mi/ 8 km/ 55 min

Warm up 15-20 min easy run

Run 10-15 min at a challenging pace

Rest/ Walk 2 min

20:20:20

Walk 20 seconds/ run 20 seconds/sprint 20 seconds

Repeat 6-10X

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

Friday

Shakeout Run/ Walk

20 min

Saturday-

Long Slow Run

12 mi/19 km / 120-130 min

Practice talk test

Monday-

Strides

5 miles /8 km/ 55 min

Tuesday

Recovery Run/ Walk

20-25 min

Wednesday-

4 X 5 min pushes

6 mi/ 9.5 km/ 65 min

Warm up 15-20 min easy run

Run 10-15 min at a challenging pace

Run at a challenging pace for 5 min

Easy run/ Recover 1-3 mi

Repeat 4 X

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

Friday

Shakeout Run/ Walk

20-25 min

Saturday-

Long Slow Run

14 mi/22.5 km / 140-155 min

Practice talk test

Monday-

Strides

6 miles /9.5 km/ 65 min

Tuesday

Recovery Run/ Walk

20-25 min

Wednesday-

Time mile or 1.5km

6 mi/ 9.5 km/ 65 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

Friday

Shakeout Run/ Walk

20-25 min

Saturday-

Long Slow Run

15 mi/24 km / 150-165 min

Practice talk test

Monday- Strides

7 miles /11 km/ 75 min

Tuesday

Recovery Run/ Walk
25-30 min

Wednesday-

Tempo Run
7 mi/ 11 km/ 75 min

Warm up 20 min easy run

Run 30-35 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

Friday

Shakeout Run/ Walk
20-30 min

Saturday-

Long Slow Run
16 mi/25.5 km / 160-175 min
Practice talk test

Monday- Strides

6 miles /9.5 km/ 65 min

Tuesday

Recovery Run/ Walk
20-25 min

Wednesday-

Progression Run Repeats
6 mi/ 9.5 km/ 65 min

Warm up 20 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.

Friday

Shakeout Run/ Walk
20-25 min

Saturday-

Long Slow Run
14 mi/22.5 km / 140-155 min
Practice talk test

Monday- Strides

7 miles /11 km/ 75 min

Tuesday

Recovery Run/ Walk
25-30 min

Wednesday-

Hill Repeats
6 mi/ 9.5 km/ 65 min

Warm up 20-25 min easy run, find a hill

Run uphill for 30-45 seconds

Recover and walk down

Repeat 8-14X

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

Friday

Shakeout Run/ Walk
25-30 min

Saturday-

Long Slow Run
16-18 mi/25.5-29 km / 160-185 min
Practice talk test

Monday- Strides

7 miles /11 km/ 75 min

Tuesday

Recovery Run/ Walk
25-30 min

Wednesday-

Progression Run
7 mi/ 11 km/ 75 min

Warm up 20-25 min easy run

Gradually increase speed every 8 minutes until you reach goal distance/time

Friday

Shakeout Run/ Walk
25-30 min

Saturday-

Long Slow Run
18-20 mi/29-32 km / 180-200 min
Practice talk test

Monday- Strides

6 miles /9.5 km/ 65 min

Tuesday

Recovery Run/ Walk
20-25 min

Wednesday-

3 X 7 Min repeats
6 mi/ 9.5 km/ 65 min

Warm up 20-25 min easy run
Run 10-15 min at a challenging pace
Run at a challenging pace for 7 min
Easy run/ Recover 1-3 mi
Repeat 3 X

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

Friday

Shakeout Run/ Walk
20-25 min

Saturday-

Long Slow Run
12-14 mi/19-22.5 km / 120-145 min
Practice talk test

Monday- Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk
15-20 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

You should be so proud of yourself!!!!!!! Race day is so soon :)

Friday

Shakeout Run/ Walk
15-20 min

Saturday-

Long Slow Run
8-10 mi/13-16 km / 80-105 min
Practice talk test

Monday-

25-30 min easy, fun,
conversational pace- this week
is all about celebrating your
hard work!!!

Wednesday-

20-25 min, easy conversational
pace run or walk

Friday or Saturday-

20 min

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

Sunday

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

What's next?

Recover

No speedwork for a month

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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