



RUN *Coach* **JAMIE** **19.3 CHALLENGE**

3.1

6.2

10

SPRINGTIME

RUN DISNEY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			Total	
Week 1											
		2		2			2			6 miles	
		3		3			3			9 KM	
		25	10	25			25			85 min	
Week 2											
		2		2			2			6 miles	
		3		3			3			9 KM	
		25	15	25		15	25			105 min	
Week 3						35-40					
		2		3			3			8 miles	
		3		5			5			13 KM	
		25	15	35		15	35			125 min	
Week 4						35-40					
		2		2			2			6 miles	
		3		3			3			9 KM	
cutback		25	10	25		10	25			95 min	
Week 5						45-55					
		3		2			4			9 miles	
		5		3			6.5			14.5 KM	
		35	15	35		20	45			150 min	
Week 6						55-65					
		3		3			5			11 miles	
		5		5			8			18 KM	
		35	15	35		25	55			165 min	
Week 7						60-70					
		3		3			6			12 miles	
		5		5			9.5			19.5 KM	
		35	15	35		25	65			175 min	
Week 8						45-55					
		2		2			4			8 miles	
		3		3			6.5			12.5 KM	
cutback		25	15	25		20	45			130 min	
Week 9						55-65					
		3		3			5			11 miles	
		5		5			8			18 KM	
		35	15	35		25	55			165 min	
Week 10						65-75					
		4		3			6			13 miles	
		6.5		5			8.5			20 KM	
		45	15	35		30	65			190 min	
Week 11						70-85					
		4		4			7			15 miles	
		6.5		6.5			11			24 KM	
		45	20	45		35	75			220 min	
Week 12						65-75					
		3		3			6			12 miles	
		5		5			8.5			18.5 KM	
cutback		35	20	35		25	65			180 min	
Week 13						70-85					
		4		4			7			15 miles	
		6.5		6.5			11			24 KM	
		45	20	45		35	75			220 min	
Week 14						80-95					
		4		4			8			16 miles	
		6.5		6.5			12.5			25.5 KM	
		45	20	45		40	85			235 min	
Week 15						90-105					
		4		4			9			17 miles	
		6.5		6.5			14.5			27.5 KM	
		45	20	45		40	95			245 min	
Week 16											
		3		4			7			14 miles	
		5		6.5			11			22.5 KM	
cutback/taper		35	20	45		35	75			210 min	
Week 17											
						3.1	6.2	10		19.3 miles	
						5	10	21		15 KM	
race week		25		15						40 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

Optional 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

10 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

Friday

Rest this week

Saturday-

Long Slow Run

2 mi/3 km / 25 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 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 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

2 mi/3 km / 25 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Speed Interval Run

3 mi/ 5km/ 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

3 mi/5 km / 35 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Tuesday

Recovery Run/ Walk

10 min

Wednesday-

Speed Interval Run

2 mi/ 3 km/ 25 min

Warm up 10-15 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

10 min

Saturday-

Long Slow Run

2 mi/3 km / 25 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Timed Mile or 1.5 KM Run

2 mi/ 3 km/ 25 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

20 min

Saturday-

Long Slow Run

4 mi/6.5km / 45-55 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Progression Run

3 mi/ 5 km/ 35 min

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

Friday

Shakeout Run/ Walk

25 min

Saturday-

Long Slow Run

5 mi/8 km / 55-65 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Tempo Run

3 mi/ 5 km/ 35 min

Warm up 10-15 min easy run

Run 15-20 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

25 min

Saturday-

Long Slow Run

6 mi/9.5 km / 60-70 min

Practice talk test

Monday-

Strides

2 miles /3 km/ 25 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Speed Interval Run

2 mi/ 3 km/ 25 min

Warm up 10-10 min easy run

run at challenging pace for 45 seconds

Easy run/walk 45 seconds

Repeat until you reach goal distance/time

Friday

Shakeout Run/ Walk

20 min

Saturday-

Long Slow Run

4 mi/6.5 km / 45-55 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 10-15 min easy run

Run at challenging pace for 5 min

Walk/ easy run 1-2 min

Repeat 2-3X

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

Friday

Shakeout Run/ Walk

25 min

Saturday-

Long Slow Run

5 mi/8 km / 55-60 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk

15 min

Wednesday-

Tempo run

3 mi/ 5 km/ 35 min

Warm up 10-15 min easy run

Run 15-20 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

30 min

Saturday-

Long Slow Run

6 mi/8.5 km / 65-75 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

Hill Repeats

4 mi/ 6.5 km/ 45 min

Warm up 10-15 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

35 min

Saturday-

Long Slow Run

7 mi/11 km / 75-85 min

Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

20:20:20

3 mi/ 5 km/ 35 min

Warm up 10-15 min easy run

Run 10 min at a challenging pace

Rest/ Walk 2 min

20:20:20

Walk 20 seconds/ run 20 seconds/sprint 20 seconds

Repeat until you reach goal distance/time

Friday

Shakeout Run/ Walk

25 min

Saturday-

Long Slow Run

6 mi/8.5 km / 65-75 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

4 X 5 min pushes

4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

Run at a challenging pace for 5 min

Easy run/ Recover 1-3 min

Repeat 4 X

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

Friday

Shakeout Run/ Walk

35 min

Saturday-

Long Slow Run

7 mi/11 km / 75-85 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

Time mile or 1.5km

4 mi/ 6.5 km/ 45 min

warm up 10-15 min easy run

run 1 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

40 min

Saturday-

Long Slow Run

8 mi/12.5 km / 85-95 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk
20 min

Wednesday-

Tempo Run
4 mi/ 6.5 km/ 45 min

Warm up 10 min easy run

Run 25-30min 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
40 min

Saturday-

Long Slow Run
9 mi/14.5 km / 95-105 min
Practice talk test

Monday-

Strides

3 miles /5 km/ 35 min

Tuesday

Recovery Run/ Walk
20 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.

Friday

Shakeout Run/ Walk
35 min

Saturday-

Long Slow Run
7 mi/11 km / 75-85 min
Practice talk test

Monday-

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

Tuesday

15min, easy conversational pace
run or walk

Friday-

3.1 HAVE FUN!!!!!!

Saturday-

6.2

HAVE FUN!!!!!!

Sunday

13.1

Congratulations!!!!!!!!!!

What's next?

Recover

No speedwork for 2-3 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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