

RUN *Coach* **JAMIE**
DOPEY CHALLENGE

5K

10K

13.1

26.2

RUN DISNEY



Dopey										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Total	
Week 1										
	2		3			4			9	miles
	3		5			6.5			14.5	KM
	25	15	35		15	45			135	min
Week 2										
	3		3			5			11	miles
	5		5			8			18	KM
	35	15	35		15	55			155	min
Week 3										
	3		4			5.5			12.5	miles
	5		6.5			9			20.5	KM
	35	20	45		15	60			175	min
Week 4										
	3		3			3			9	miles
	5		5			5			15	KM
cutback	35	15	35		15	35			135	min
Week 5										
	4		4			5			13	miles
	6.5		6.5			8			21	KM
	45	20	45		20	50-60			180-190	min
Week 6										
	5		4			6.5			15.5	miles
	8		6.5			10			24.5	KM
	55	25	45		25	65-75			205-215	min
Week 7										
	5		5			8			18	miles
	8		8			13			29	KM
	55	20-25	55		20-25	80-90			230-250	min
Week 8										
	4		4			7			15	miles
	6.5		6.5			11			24	KM
cutback	45	15-20	45		15-20	70-80			190-210	min
Week 9										
	5		5			8			18	miles
	8		8			13			29	KM
	55	25	55		20-30	80-95			235-260	min
Week 10										
	6		5			10			21	miles
	9.5		8			16			33.5	KM
	65	25-30	55		25-35	100-115			270-300	min
Week 11										
	7		6			11			24	miles
	11		9.5			17.5			38	KM
	75	25-35	65		35-45	110-125			310-345	min
Week 12										
	6		5			9			20	miles
	9.5		8			14.5			32	KM
cutback	65	25-30	55		25-30	90-105			260-285	min
Week 13										
	7		6			11			24	miles
	11		9.5			17.5			38	KM
	75	30-35	65		35-40	110-125			315-340	min
Week 14										
	7		7			12			26	miles
	11		11			19			41	KM
	75	30-35	75		35-45	120-135			335-365	min
Week 15										
	8		8			13			29	miles
	13		12.5			21			46.5	KM
	85	35	85		45-55	130-145			375-405	min
Week 16										
	6		6			12			24	miles
	9.5		9.5			19			38	KM
cutback	65	25-30	65		35-45	120-135			310-340	min
Week 17										
	7		7			14			28	miles
	11		11			22.5			44.5	KM
	75	25-30	75		45-55	140-155			360-390	min

Week 18									
	8		8		15			31	miles
	12.5		12.5		24			49	KM
	85	25-30	85	45-60	150-165			390-425	min
Week 19									
	8		8		16			32	miles
	13		13		25.5			51.5	KM
	85	30-35	85	55-65	160-175			415-445	min
Week 20									
	6		6		14			26	miles
	9.5		9.5		22.5			41.5	KM
cutback	65	25-30	65	45-55	140-155			340-370	min
Week 21									
	8		7		16-18			31-33	miles
	12.5		11		25.5-29			49-52.5	KM
	85	30-35	75	55-65	160-185			405-445	min
Week 22									
	8		8		18-20			34-46	miles
	12.5		12.5		29-32			55-58	KM
peak week	85	35-40	85	55-70	180-205			440-485	min
Week 23									
	6		6		12-14			24-26	miles
	9.5		9.5		19-22.5			38-41.5	KM
	65	25-35	65	40-50	120-145			315-360	min
Week 24									
	5		4		8-10			17-19	miles
	8		6.5		13-16			27.5-30.5	KM
	55	20-30	45	30-35	80-105			230-270	min
Week 25									
				3.1	6.2	13.1	26.2	48.6	miles
									KM
race week	15		15					30	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 min walk

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

20 min

Wednesday-

Speed Interval Run

4 mi/ 6.5 km/ 45 min

Warm up 10-15 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

5.5 mi/9km / 60 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 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

3 mi/5 km / 35 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk

20 min

Wednesday-

Timed Mile or 1.5 KM Run

4 mi/ 6.5 km/ 45 min

Warm up with a 15-20 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

5 mi/8 km / 50-60 min

Practice talk test

Monday-

Strides

5 miles /8 km/ 55 min

Tuesday

Recovery Run/ Walk

25 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

25 min

Saturday-

Long Slow Run

6.5 mi/10 km / 65-75 min

Practice talk test

Monday-

Strides

5 miles /8 km/ 55 min

Tuesday

Recovery Run/ Walk

20-25 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

20-25 min

Saturday-

Long Slow Run

8 mi/13 km / 80-90 min

Practice talk test

Monday-

Strides

4 miles /6.5 km/ 45 min

Tuesday

Recovery Run/ Walk

15-20 min

Wednesday-

Speed Interval Run

4 mi/ 6.5 km/ 45 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

7 mi/11 km / 70-80 min

Practice talk test

Monday-

Strides

5 miles /8 km/ 55 min

Tuesday

Recovery Run/ Walk

25 min

Wednesday-

Speed Interval Run

5 mi/ 8 km/ 55 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

20-30 min

Saturday-

Long Slow Run

8 mi/13 km / 80-95 min

Practice talk test

Monday-

Strides

6 miles /9.5 km/ 65 min

Tuesday

Recovery Run/ Walk

25-30 min

Wednesday-

Timed Mile or 1.5km

5 mi/ 8 km/ 55 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

25-35 min

Saturday-

Long Slow Run

10 mi/16 km / 100-115 min

Practice talk test

Monday-

Strides

7 miles /11 km/ 75 min

Tuesday

Recovery Run/ Walk

25-35 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

35-45 min

Saturday-

Long Slow Run

11 mi/17.5 km / 110-125 min

Practice talk test

Monday-

Strides

6 miles /9.5 km/ 65 min

Tuesday

Recovery Run/ Walk

25-30 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

25-30 min

Saturday-

Long Slow Run

9 mi/14.5 km / 90-105 min

Practice talk test

Monday-

Strides

7 miles /11 km/ 75 min

Tuesday

Recovery Run/ Walk

30-35 min

Wednesday-

4 X 5 min pushes

6 mi/ 9.5 km/ 65 min

Warm up 15-20 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

35-40 min

Saturday-

Long Slow Run

11 mi/17.5 km / 110-125 min

Practice talk test

Monday-

Strides

7 miles /11 km/ 75 min

Tuesday

Recovery Run/ Walk

30-35 min

Wednesday-

Time mile or 1.5km

7 mi/ 11 km/ 75 min

warm up 10-25 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

35-45 min

Saturday-

Long Slow Run

12 mi/19 km / 120-135 min

Practice talk test

Monday- Strides

8 miles / 12.5 km/ 85 min

Tuesday

Recovery Run/ Walk
30-35 min

Wednesday-

Tempo Run
8 mi/ 12.5 km/ 85 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
45-55 min

Saturday-

Long Slow Run
13 mi/21 km / 130-145 min
Practice talk test

Monday- Strides

6 miles /9.5 km/ 65 min

Tuesday

Recovery Run/ Walk
25-30 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
35-45 min

Saturday-

Long Slow Run
12 mi/19 km / 120-135 min
Practice talk test

Monday- Strides

7 miles /11 km/ 75 min

Tuesday

Recovery Run/ Walk
25-30 min

Wednesday-

Hill Repeats
7 mi/ 11 km/ 75 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
45-55 min

Saturday-

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

Monday- Strides

8 miles /12.5 km/ 85 min

Tuesday

Recovery Run/ Walk
25-30 min

Wednesday-

Progression Run
8 mi/ 12.5 km/ 85 min

Warm up 20-25 min easy run

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

Friday

Shakeout Run/ Walk
45-60 min

Saturday-

Long Slow Run
15 mi/24 km / 150-165 min
Practice talk test

Monday- Strides

8 miles /12.5 km/ 85 min

Tuesday

Recovery Run/ Walk
30-35 min

Wednesday-

3 X 7 Min repeats
8 mi/ 12.5 km/ 85 min

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

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

Friday

Shakeout Run/ Walk
55-65 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
25-30 min

Wednesday-

Tempo Pacing
6 mi/ 9.5 km/ 65 min

warm up 10-15 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

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

Friday

Shakeout Run/ Walk
45-55 min

Saturday-

Long Slow Run
14 mi/22 km / 140-155 min
Practice talk test

Monday- Strides

8 miles /12.5 km/ 85 min

Tuesday

Recovery Run/ Walk
30-35 min

Wednesday-

Timed Mile or 1.5 KM
7 mi/ 11 km/ 75 min

warm up 25-30 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
55-65 min

Saturday-

Long Slow Run

16-18 mi/25.5-29 km / 160-185 min

Practice talk test

Monday- Strides

8 miles /12.5 km/ 85 min

Tuesday

Recovery Run/ Walk
35-40 min

Wednesday-

4 X 10 min repeats
8 mi/ 12.5 km/ 85 min

Warm up 15-20 min easy run
Run at a challenging pace for 10 min
Easy run/ Recover 2-3 min
Repeat 4 X

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

Friday

Shakeout Run/ Walk
55-70 min

Saturday-

Long Slow Run
18-20 mi/29-32 km / 180-205 min
Practice talk test

Monday-

Strides

6 miles /9.5 km/ 65 min

Tuesday

Recovery Run/ Walk
25-35 min

Wednesday-

Speed Interval Run
6 mi/ 9.5 km/ 65 min

warm up 15-20 min easy run

Run 4 min at challenging pace

Walk/ Easy run 1 min

Run 3 min at challenging pace

Walk/Easy run 1 min

Run 2 min at challenging pace

Walk/Easy run 1 min

Repeat 3- 4X

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

Friday

Shakeout Run/ Walk
40-50 min

Saturday-

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

Monday-

Strides

5 miles /8 km/ 55 min

Tuesday

Recovery Run/ Walk
20-30 min

Wednesday-

Tempo Run
4 mi/ 6.5 km/ 45 min

warm up 10-15 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

You should be so proud of yourself!!!!!! Last challenging run before race day!!!!

Friday

Shakeout Run/ Walk
30-35 min

Saturday-

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

Monday-

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

Tuesday or Wednesday-
15 min

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

Thursday-

5K

Friday-

10K

Saturday-

13.1

HAVE FUN!!!!!!

Sunday

26.2

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

www.runcoachjamie.com
jamie@runcoachjamie.com