



RUN *Coach* **JAMIE**

GOOFY CHALLENGE

13.1

26.2

RUN DISNEY

Goofy									
	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			18KM
	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			15KM
cutback	35	15	35		15	35			135 min
Week 5									
	4		4			5			13 miles
	6.5		6.5			8			21KM
	45	20	45		20	60-60			180-190 min
Week 6									
	4		4			6.5			14.5 miles
	6.5		6.5			8			21KM
	45	25	45		25	65-75			205-215 min
Week 7									
	5		5			8			18 miles
	8		8			13			29KM
	55	20-25	55		20-25	80-90			230-250 min
Week 8									
	4		4			7			15 miles
	6.5		6.5			11			24KM
cutback	45	15-20	45		15-20	70-80			190-210 min
Week 9									
	5		5			8			18 miles
	8		8			13			29KM
	55	25	55		20-30	90-95			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			38KM
	75	25-35	65		30-40	110-125			305-340 min
Week 12									
	6		5			9			20 miles
	9.5		8			14.5			32KM
cutback	65	25-30	55		25-40	90-105			260-285 min
Week 13									
	7		6			11			24 miles
	11		9.5			17.5			38KM
	75	30-35	65		30-35	110-125			310-335 min
Week 14									
	7		6			12			25 miles
	11		9.5			19			39.5 KM
	75	30-35	65		30-40	120-135			320-350 min
Week 15									
	8		8			13			29 miles
	12.5		12.5			21			46KM
	85	30-35	85		35-45	130-145			365-395 min
Week 16									
	6		6			12			24 miles
	9.5		9.5			19			38KM
cutback	65	25-30	65		30-35	120-135			305-330 min
Week 17									
	7		7			14			28 miles
	11		11			22.5			44.5 KM
	75	25-30	75		35-45	140-155			350-380 min

Week 18									
	8		8		15			31 miles	
	12.5		12.5		24			49KM	
	85	25-30	85		35-45	150-165		380-410 min	
Week 19									
	8		8		16			32 miles	
	12.5		12.5		25.5			50.5 KM	
	85	30-35	85		40-50	160-175		400-430 min	
Week 20									
	6		6		14			26 miles	
	9.5		9.5		22.5			41.5 KM	
cutback	65	25-30	65		35-40	140-155		330-355 min	
Week 21									
	8		7		16-18			31-33 miles	
	12.5		11		25.5-29			49-52.5 KM	
	85	30-35	75		40-50	160-185		390-430 min	
Week 22									
	8		8		18-20			34-36 miles	
	12.5		12.5		29-32			54-57 KM	
peak week	85	35-40	85		45-60	180-205		430-475 min	
Week 23									
	6		6		12-14			24-26 miles	
	9.5		9.5		19-22			38-41.5 KM	
	65	25-30	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									
					13.1	26.2		39.3 miles	
								KM	
race week	25-35		25-30		15-20			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 /6.5 km/ 45 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

30-40 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

30-35 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

6 mi/ 9.5 km/ 65 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

30-40 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
35-45 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
30-35 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
35-45 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
35-45 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 10-20 min at a challenging pace
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 40-50 min

Saturday-

Long Slow Run
16 mi/25 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!!!!!!!

Friday

Shakeout Run/ Walk
35-40 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 1.5Km
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
40-50 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
45-60 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 Runs
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-

25-35 min easy, fun,
conversational pace- this week
is all about celebrating your
hard work!!!

Wednesday-

25-30 min, easy conversational
pace run or walk

Friday-

15-20 min

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

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

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