



RUN *Coach* **JAMIE**

26.2 PLAN

RUN DISNEY



Marathon										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Total	
Week 1										
		2		3		4			9 miles	
		3		5		6.5			14.5 KM	
		25	15	3 5	15	45			135 min	
Week 2										
		3		3		5			11 miles	
		5		5		8			18KM	
		35	15	3 5	15	55			155 min	
Week 3										
		3		3		6			12 miles	
		5		5		9.5			19.5 KM	
		35	15	3 5	15	65			165 min	
Week 4										
		3		2		5			10 miles	
		5		3		8			16KM	
cutback		35	15	2 5	15	55			145 min	
Week 5										
		4		3		7			14 miles	
		6 . 5		5		11			22.5 KM	
		45	15	3 5	15	70-80			180-190 min	
Week 6										
		4		4		8			16 miles	
		6 . 5		6 . 5		13			26KM	
		4 5	20	4 5	15	80-90			205-215 min	
Week 7										
		5		5		9			19 miles	
		8		8		14.5			30.5 KM	
		55	20	5 5	20	90-105			210-235 min	
Week 8										
		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										
		5		6		10			21 miles	
		8		9 . 5		16			33.5 KM	
		55	20	6 5	20	100-115			260-275 min	
Week 10										
		5		6		12			23 miles	
		8		9 . 5		19			36.5 KM	
		55	20	6 5	20	120-130			280-305 min	
Week 11										
		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										
		5		5		12			22 miles	
		8		8		19			35KM	
cutback		55	20	5 5	20	120-130			270-280 min	
Week 13										
		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										
		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										
		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										
		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										
		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										
	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										
	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										
	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										
						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 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

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 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
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

www.runcoachjamie.com
jamie@runcoachjamie.com