### Marathon Trail Run Training Guide

At least half of your runs should be done on trails.

#### Weekly Training Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>30 min. Hills</td>
<td>4 miles Easy Run</td>
<td>30 min. Tempo Run</td>
<td>Active Rest</td>
<td>3 miles Easy Run</td>
<td>8 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 2</td>
<td>15 min. Speed</td>
<td>4 miles Easy Run</td>
<td>30 min. Tempo Run</td>
<td>Active Rest</td>
<td>3 miles Easy Run</td>
<td>10 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 3</td>
<td>35 min. Hills</td>
<td>4 miles Easy Run</td>
<td>35 min. Tempo Run</td>
<td>Active Rest</td>
<td>3 miles Easy Run</td>
<td>12 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 4</td>
<td>40 min. Hills</td>
<td>5 miles Easy Run</td>
<td>40 min. Tempo Run</td>
<td>Active Rest</td>
<td>4 miles Easy Run</td>
<td>6 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 5</td>
<td>20 min. Speed</td>
<td>5 miles Easy Run</td>
<td>50 min. Tempo Run</td>
<td>Active Rest</td>
<td>3 miles Easy Run</td>
<td>14 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 6</td>
<td>45 min. Hills</td>
<td>5 miles Easy Run</td>
<td>60 min. Tempo Run</td>
<td>Active Rest</td>
<td>5 miles Easy Run</td>
<td>13 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 7</td>
<td>20 min. Speed</td>
<td>6 miles Easy Run</td>
<td>50 min. Tempo Run</td>
<td>Active Rest</td>
<td>4 miles Easy Run</td>
<td>16 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 8</td>
<td>45 min. Hills</td>
<td>5 miles Easy Run</td>
<td>60 min. Tempo Run</td>
<td>Active Rest</td>
<td>3 miles Easy Run</td>
<td>17 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 9</td>
<td>50 min. Hills</td>
<td>6 miles Easy Run</td>
<td>70 min. Tempo Run</td>
<td>Active Rest</td>
<td>4 miles Easy Run</td>
<td>8 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 10</td>
<td>25 min. Speed</td>
<td>5 miles Easy Run</td>
<td>50 min. Tempo Run</td>
<td>Active Rest</td>
<td>3 miles Easy Run</td>
<td>18 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 11</td>
<td>40 min. Hills</td>
<td>7 miles Easy Run</td>
<td>80 min. Tempo Run</td>
<td>Active Rest</td>
<td>3 miles Easy Run</td>
<td>13 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 12</td>
<td>20 min. Speed</td>
<td>5 miles Easy Run</td>
<td>70 min. Tempo Run</td>
<td>Active Rest</td>
<td>3 miles Easy Run</td>
<td>20 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 13</td>
<td>35 min. Hills</td>
<td>7 miles Easy Run</td>
<td>60 min. Tempo Run</td>
<td>Active Rest</td>
<td>4 miles Easy Run</td>
<td>15 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 14</td>
<td>40 min. Hills</td>
<td>8 miles Easy Run</td>
<td>40 min. Tempo Run</td>
<td>Active Rest</td>
<td>4 miles Easy Run</td>
<td>12 miles Long Run</td>
<td>Rest</td>
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<tr>
<td>Week 15</td>
<td>30 min. Hills</td>
<td>10 miles Easy Run</td>
<td>20 min. Tempo Run</td>
<td>Active Rest</td>
<td>3 miles Easy Run</td>
<td>9 miles Long Run</td>
<td>Rest</td>
</tr>
<tr>
<td>Week 16</td>
<td>4 miles Easy Run</td>
<td>4 miles Easy Run</td>
<td>3 miles Easy Run</td>
<td>Active Rest</td>
<td>2 miles Easy Run</td>
<td>RACE DAY (26.2 miles)</td>
<td>Sleep</td>
</tr>
</tbody>
</table>

*All runs (except easy ones), along with hill work, should be preceded by 5 minutes of dynamic warm-up and followed by 5 minutes of cooldown and 10 minutes of stretching.*
Total speed-pace segments or intervals should add up to that day's total time. Do speed-paced runs in segments/intervals of 1 to 5 minutes, spaced apart by a short jog/walk between them. Get creative: On a 20-minute speed day you could do five 4-minute segments, ten 2-minute segments or six 2-minute segments plus two 4-minute segments. Always include a warm-up run beforehand and a cooldown run afterwards.

**Speed-Run Pace:** 90+% of HRmax OR you're only able to gasp or grunt, not speak.

**EASY RUNS**
These are your most relaxed runs, where you are building cardiovascular base miles.

**Easy-Run Pace:** 60-65% of HRmax OR you can carry on a conversation as you run.

**SPEED RUNS**
Your total hill running time should add up to that day's total time. You can run up and back on a shorter trail or find a longer trail with plenty of uphill stretches. Try to run all uphill stretches at your tempo pace (or even a little faster). Always include a mile warm-up run beforehand and a mile cooldown run afterwards.

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**ACTIVE REST**
Do any activity that keeps your muscles moving without taxing your cardiovascular fitness or recovery process. Activities might include light walking, passive yoga poses or a stretching/foam-rolling session. You can also do cross-training to build strength.

**REST**
The goal on these days is to give your body a break. Rest days are critical to avoid overuse injuries.

**TEMPO RUNS**
Total tempo-pace time should add up to that day's total time. Tempo-paced runs can be done in a single block of time or in segments, spaced apart by a short jog between them. However, no tempo segment should be shorter than 15 minutes. So a 20-minute day needs to be done uninterrupted, while a 35-minute day could be split into 20- and 15-minute segments. Always include a warm-up run beforehand and a cooldown run afterwards.

**Tempo-Run Pace:** 85-88% of HRmax OR you're only able to utter single words like “opt” or “outside.”

**LONG RUNS**
These are where you really begin to stretch out your aerobic endurance.

**Long-Run Pace:** 70-80% of HRmax OR you can speak sentences, but not tell long-winded stories.

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