

Bellingham Bay MARATHON

Presented By  Peace Health

ATHON PLAN:

This plan is ideal for running your first marathon. Prior to starting this plan it is best to have at least 1 year of experience running and run, on average 3x/week. This plan allows you to utilize run/walk intervals if that works better for you or you can run the prescribed mileage each week. This plan starts out at 11 miles per week and its peak week hits 36 miles per week. The long run starts at 5 miles and peaks at 20 miles.

Training plan created by Team RunRun Coach, Alicia Jenkins-Browder. Alicia has a B.S in Kinesiology from Western Washington University and is a Licensed Physical Therapist Assistant at Performance Physical Therapy in Bellingham Washington. She is a UESCA certified running and ultra running coach.

Weekday	Date	WORKOUT	Strength
Week 1			
MONDAY	5/20/2023	Rest Day	
TUESDAY	5/21/2023	Strength	Strength Workout 1
WEDNESDAY	5/22/2023	3 Miles Easy	
THURSDAY	5/23/2023	Strength	Strength Workout 2
FRIDAY	5/24/2023	3 Miles Easy	
SATURDAY	5/25/2023	Rest Day	
SUNDAY	5/26/2023	5 Mile Endurance Run	
Week 2			
MONDAY	5/27/2023	Rest Day	
TUESDAY	5/28/2023	Strength	Strength Workout 1
WEDNESDAY	5/29/2023	3 Miles Easy	
THURSDAY	5/30/2023	Strength	Strength Workout 2
FRIDAY	5/31/2023	4 Miles Easy	
SATURDAY	6/1/2023	Rest Day	
SUNDAY	6/2/2023	6 Mile Endurance Run	
Week 3			
MONDAY	6/3/2023	Rest Day	
TUESDAY	6/4/2023	Strength	Strength Workout 1
WEDNESDAY	6/5/2023	4 Miles Easy	
THURSDAY	6/6/2023	Strength	Strength Workout 2
FRIDAY	6/7/2023	4 Miles Easy	
SATURDAY	6/8/2023	Rest Day	
SUNDAY	6/9/2023	7 Mile Endurance Run	
Week 4			
MONDAY	6/10/2023	Rest Day	
TUESDAY	6/11/2023	Strength	Strength Workout 1

STRENGTH WORKOUTS	Sets and Reps
ALL STRENGTH VIDEOS CAN BE FOUND AT : https://www.youtube.com/@CoachAliciaJenkinsBrowder	
Strength Workout 1:	
1. Single Leg RDL	3 x 10 each leg
2. Goblet Squat	3 x 10
3. Hamstring Bridge Walkouts	3 x 5 walkouts
4. Forward Lunge	3 x 5 each leg
5. Brian Weeda KIPP Plank Series	2 Sets
Strength Workout 2:	
1. Wall Clamshell	3 x 10-15 each leg
2. Lateral Lunge	3 x 5-10 each leg
3. Single Leg Squat	3 x 5-10 each leg
4. Nordic Curls	3 x 10
5. Russian Twists	3 x 10-20 each side
Strength Workout 3:	
1. Lateral Band Walk	3 x 15 steps each direction
2. Runner Step ups	3 x 10 each leg
3. Single Leg Bridge holds	5 x 20-30 second holds each side
4. Runners Matrix	3 x 10 rounds each leg
5. Dying Bugs	3 sets of 5 reps each side

Workout Description	
Easy Run	Run at conversational pace. You can utilize the run/walk method if needed and run 2 minutes then walk 30 seconds

WEDNESDAY	6/12/2023	3 Miles Easy	
THURSDAY	6/13/2023	Strength	Strength Workout 2
FRIDAY	6/14/2023	4 Miles Easy	
SATURDAY	6/15/2023	Rest Day	
SUNDAY	6/16/2023	5 Mile Endurance Run	
Week 5			
MONDAY	6/17/2023	Rest Day	
TUESDAY	6/18/2023	Strength	Strength Workout 3
WEDNESDAY	6/19/2023	4 Miles Easy	
THURSDAY	6/20/2023	3 Miles Easy	Strength Workout 2
FRIDAY	6/21/2023	Rest Day	
SATURDAY	6/22/2023	4 Miles Easy	
SUNDAY	6/23/2023	9 Mile Endurance Run	
Week 6			
MONDAY	6/24/2023	Rest Day	
TUESDAY	6/25/2023	Strength	Strength Workout 3
WEDNESDAY	6/26/2023	4 Miles Easy	
THURSDAY	6/27/2023	3 Miles Easy	Strength Workout 2
FRIDAY	6/28/2023	Rest Day	
SATURDAY	6/29/2023	4 Miles Easy	
SUNDAY	6/30/2023	11 Mile Endurance Run	
Week 7			
MONDAY	7/1/2023	Rest Day	
TUESDAY	7/2/2023	Strength	Strength Workout 3
WEDNESDAY	7/3/2023	4 Miles Easy	
THURSDAY	7/4/2023	3 Miles Easy	Strength Workout 2
FRIDAY	7/5/2023	Rest Day	
SATURDAY	7/6/2023	5 Miles Easy	
SUNDAY	7/7/2023	12 Mile Endurance Run	
Week 8			
MONDAY	7/8/2023	Rest Day	
TUESDAY	7/9/2023	Strength	Strength Workout 3
WEDNESDAY	7/10/2023	4 Miles Easy	
THURSDAY	7/11/2023	3 Miles Easy	Strength Workout 2
FRIDAY	7/12/2023	Rest Day	
SATURDAY	7/13/2023	4 Miles Easy	
SUNDAY	7/14/2023	10 Mile Endurance Run	
Week 9			
MONDAY	7/15/2023	Rest Day	
TUESDAY	7/16/2023	Strength	Strength Workout 1
WEDNESDAY	7/17/2023	4 Miles easy	
THURSDAY	7/18/2023	4 Miles with 4 strides	Strength Workout 3
FRIDAY	7/19/2023	Rest Day	
SATURDAY	7/20/2023	6 Miles Easy	
SUNDAY	7/21/2023	14 Mile Endurance Run	

Easy Run

method if needed and run 2 minutes then walk 30 seconds and repeat that until you reach the scheduled mileage

Strides

Strides are a speed development workout. The goal is not aerobic development or getting in a "good workout." Rather, it's about foot turnover and good running form. They increase your running economy by reinforcing proper form. Do 1-2 miles of easy running before you start your strides. Strides will be 30 second intervals and you want to start the stride by running easy focusing on short, quick strides and then gradually increase your speed so by the end of the 30 seconds you are running at a controlled fast pace. Take at least 1-2 minute in between each stride interval

Endurance Run

Your endurance run should be run at a comfortable running pace. It will probably feel a little harder than your easy run days since you are going longer. Try to ensure that when you are running that you could maintain a conversation with a friend while only being a little out of breath.

Week 10						
MONDAY	7/22/2023	Rest Day				
TUESDAY	7/23/2023	Rest Day	Strength Workout 1			
WEDNESDAY	7/24/2023	4 Miles easy				
THURSDAY	7/25/2023	4 Miles with 4 strides	Strength Workout 3			
FRIDAY	7/26/2023	Rest Day				
SATURDAY	7/27/2023	5 Miles Easy				
SUNDAY	7/28/2023	16 Mile Endurance Run				
Week 11						
MONDAY	7/29/2023	Rest Day				
TUESDAY	7/30/2023	Strength	Strength Workout 1			
WEDNESDAY	7/31/2023	3 Miles easy				
THURSDAY	8/1/2023	5 Miles with 5 strides	Strength Workout 3			
FRIDAY	8/2/2023	Rest Day				
SATURDAY	8/3/2023	5 Miles Easy				
SUNDAY	8/4/2023	18 Mile Endurance Run				
Week 12						
MONDAY	8/5/2023	Rest Day				
TUESDAY	8/6/2023	Strength	Strength Workout 1			
WEDNESDAY	8/7/2023	4 Miles Easy				
THURSDAY	8/8/2023	5 Miles with 5 strides	Strength Workout 3			
FRIDAY	8/9/2023	Rest Day				
SATURDAY	8/10/2023	5 Miles Easy				
SUNDAY	8/11/2023	14 Mile Endurance Run				
Week 13						
MONDAY	8/12/2023	Rest Day				
TUESDAY	8/13/2023	Strength	Strength Workout 1			
WEDNESDAY	8/14/2023	4 Miles Easy				
THURSDAY	8/15/2023	5 Miles with 5 strides	Strength Workout 2			
FRIDAY	8/16/2023	Rest Day				
SATURDAY	8/17/2023	5 Miles Easy				
SUNDAY	8/18/2023	20 Mile Endurance Run				
Week 14						
MONDAY	8/19/2023	Rest Day				
TUESDAY	8/20/2023	Strength	Strength Workout 1			
WEDNESDAY	8/21/2023	4 Miles Easy				
THURSDAY	8/22/2023	5 Miles with 5 strides	Strength Workout 2			
FRIDAY	8/23/2023	Rest Day				
SATURDAY	8/24/2023	5 Miles Easy				
SUNDAY	8/25/2023	16 Mile Endurance Run				
Week 15						
MONDAY	8/26/2023	Rest Day				
TUESDAY	8/27/2023	Strength	Strength Workout 1			
WEDNESDAY	8/28/2023	5 Miles Easy				
THURSDAY	8/29/2023	6 Miles with 6 strides	Strength Workout 2			
FRIDAY	8/30/2023	Rest Day				

SATURDAY	8/31/2023	5 Miles Easy				
SUNDAY	9/1/2023	20 Mile Endurance Run				
Week 16						
MONDAY	9/2/2023	Rest Day				
TUESDAY	9/3/2023	Rest Day	Strength Workout 1			
WEDNESDAY	9/4/2023	5 Miles Easy				
THURSDAY	9/5/2023	6 Miles with 6 strides	Strength Workout 2			
FRIDAY	9/6/2023	Rest Day				
SATURDAY	9/7/2023	5 Miles Easy				
SUNDAY	9/8/2023	13 Mile Endurance Run				
Week 17						
MONDAY	9/9/2023	Rest Day				
TUESDAY	9/10/2023	Strength	Strength Workout 3			
WEDNESDAY	9/11/2023	5 Miles Easy				
THURSDAY	9/12/2023	5 Miles with 5 strides	Strength Workout 2			
FRIDAY	9/13/2023	Rest Day				
Saturday	9/14/2023	4 Miles Easy				
Sunday	9/15/2023	10 Mile Endurance Run				
Week 18						
MONDAY	9/16/2023	Rest Day				
TUESDAY	9/17/2023	Strength	Strength Workout 3			
WEDNESDAY	9/18/2023	3 Miles Easy				
THURSDAY	9/19/2023	3 Miles Easy	Strength Workout 2			
FRIDAY	9/20/2023	Rest Day				
Saturday	9/21/2023	3 Miles easy with 3 strides				
SUNDAY	9/22/2023	MARATHON 26.2!				