

Coast To Coast Marathon 1 Month Training Plan

4 Week Training Plan



Week #1

Plan Day #1

Run - Heart Rate/RPE

30' in z1/2

Planned: 30:00

WU: 10' in z1

MS: 15' in z1/2

CD: 5' in 1

Plan Day #2

Run - Heart Rate/RPE

40' in z1/2

Planned: 40:00

WU: 10' in z1

MS: 25' in z1/2

CD: 5' in 1

Plan Day #3

Run - NE - Speed

A Little Fast Running

Planned: 50:00

WU: 10' in z1/low z2, stop, do a 5-10' Dynamic Warm Up, another 5' in z1/low z2, then:

MS: 5 sets of:

90" of Fast running (no specific pace, but no sprinting!) (3.5' in z1)

CD: 10' @ in z1

Plan Day #4

Cross Training

30' of Cross Training

Planned: 30:00

30' of cross training

This could biking, strength training, hiking, yoga, or whatever you would like to do.

Plan Day #5

Run - Heart Rate/RPE

40' in z1/2

Planned: 40:00

WU: 10' in z1

MS: 25' in z1/2

CD: 5' in 1

Plan Day #6

Run - *Long Run

100' in z1/2

Planned: 1:40:00

Effort Level: Moderate

Purpose: Build/Maintain Endurance

WU: 15' all in z1

MS: 80' in z1/2, ok for the HR to creep a bit into z3 on the hills, but try to keep it at a solid z2 effort

CD: 5' in 1

Plan Day #7

Cross Training

30-45' of Cross Training

Planned: 37:30

30 - 45' of cross training

This could biking, strength training, hiking, yoga, or whatever you would like to do.

Week #2

Plan Day #8

Run - Heart Rate/RPE

50' in z1/2

Planned: 50:00

WU: 10' in z1

MS: 35' in z1/2

Plan Day #9

Rest Day

Off Day

Complete off day from training. Get some extra sleep, relax with your extra free time, foam roll/stretch.

Plan Day #10

Run - NE - Speed

A Little Fast Running

Planned: 50:00

WU: 10' in z1/low z2, stop, do a 5-10' Dynamic Warm Up, another 10' in z1/low z2, then:

MS: 4 sets of:

2.5' in z5/6 (2.5' in z1)

CD: 10' @ in z1

Plan Day #11

Run - Heart Rate/RPE

60' in z1/2

Planned: 1:00:00

WU: 10' in z1

MS: 45' in z1/2

CD: 5' in 1

Plan Day #12

Cross Training

30' of Cross Training

Planned: 30:00

30' of cross training

This could be biking, strength training, hiking, yoga, or whatever you would like to do.

Plan Day #13

Run - *Long Run

100' in z1/2

Planned: 2:00:00

Effort Level: Moderate

Purpose: Build/Maintain Endurance

WU: 15' all in z1

MS: 100' in z1/2, ok for the HR to creep a bit into z3 on the hills, but try to keep it at a solid z2 effort

CD: 5' in 1

Plan Day #14

Cross Training

30-45' of Cross Training

Planned: 37:30

30 - 45' of cross training

This could biking, strength training, hiking, yoga, or whatever you would like to do.

Week #3

Plan Day #15

Run - Heart Rate/RPE

45' in z1/2

Planned: 45:00

WU: 10' in z1

MS: 30' in z1/2

CD: 5' in 1

Plan Day #16

Rest Day

Off Day

Complete off day from training. Get some extra sleep, relax with your extra free time, foam roll/stretch.

Plan Day #17

Run - Speed

Strong but controlled Speed

Planned: 50:00

Effort Level: Hard

Purpose: Build Strength and Speed

WU: 10' in z1-very low z2, stop, do a 5-10' Dynamic Warm Up, another 10 in z1/low z2, then:

MS: 4 sets of:

3' in z4 - Strong, but controlled

2' in z6/7 - PUSH! (3')

CD: 7' @ 2.5'+ slower than 5k pace

Plan Day #18

Run - Heart Rate/RPE

40' in z1/2

Planned: 40:00

WU: 10' in z1

MS: 25' in z1/2

CD: 5' in 1

Plan Day #19

Run - Heart Rate/RPE

30' in z1/2

Planned: 30:00

WU: 10' in z1

MS: 15' in z1/2

CD: 5' in 1

Plan Day #20

Run - *Long Run

120' in z1/2

Planned: 2:20:00

Effort Level: Moderate

Purpose: Build/Maintain Endurance

WU: 15' all in z1

MS: 120' in z1/2, ok for the HR to creep a bit into z3 on the hills, but try to keep it at a solid z2 effort

CD: 5' in 1

Plan Day #21

Cross Training

30-45' of Cross Training

Planned: 37:30

30-45' of cross training

This could biking, strength training, hiking, yoga, or whatever you would like to do.

Week #4

Plan Day #22

Run - Heart Rate/RPE

30' in z1/2

Planned: 30:00

WU: 10' in z1

MS: 15' in z1/2

CD: 5' in 1

Plan Day #23

Cross Training

30-40' of Cross Training

Planned: 35:00

LIGHT 30 - 40' crossing training

This could biking, strength training, hiking, yoga, or whatever you would like to do.

Plan Day #24

Run - Speed

Strides

Planned: 35:00

WU: 20' in z1/low z2, stop, do a 5-10' dynamic WU, then:

MS: 10 x 10-15" strides building your effort to 90% effort (not a sprint!) (45-50") - If possible, switch to a set of minimalist shoes for these

CD: 5' in z1

Plan Day #25

Rest Day

Off Day

Complete off day from training. Get some extra sleep, relax with your extra free time, foam roll/stretch.

Plan Day #26

Run - Heart Rate/RPE

20' Super Easy

Planned: 20:00

20' all very easy in z1. Focus on perfect technique at a very relaxed effort.

Plan Day #27

Race**Coast to Coast Marathon**

The big day.

WU: Use the first few miles as your warm and easy into.

MS: Run 26.2 miles! Have fun and keep moving forward!

CD: Get a recovery shake and do some very light walking and stretching.

Plan Day #28

Cross Training**20' of Cross Training****Planned:** 20:00

Extremely LIGHT 20' crossing training

This could biking or yoga, but do something to get the blood circulating