



Reign or Shine

Eugene Full Marathon

April 26, 2026

Goal Time: 4:00:00

15-WEEK MODERATE PLAN

Generated with Reign or Shine Training

Your Training Zones

Pace Zones

Easy	10:30 - 11:30 /mile
Marathon	9:00 - 9:15 /mile
Tempo	8:20 - 8:35 /mile
5K	7:45 - 8:00 /mile
Interval	7:30 - 7:45 /mile
Recovery	11:30 - 12:30 /mile

Heart Rate Zones

Recovery	93-111 bpm (50-60%)
Aerobic/Easy	111-130 bpm (60-70%)
Tempo	130-148 bpm (70-80%)
Threshold	148-167 bpm (80-90%)
VO2max	167-185 bpm (90-100%)

80% of training should be in Zone 2 (Easy/Aerobic)

Training Overview

15 weeks to race day

Week 1	BASE	25 mi	Long: 9 mi	<i>Building aerobic foundation, establishing base ...</i>
Week 2	BASE	28 mi	Long: 10 mi	<i>Continue building base, introduce tempo runs</i>
Week 3	BASE	32 mi	Long: 12 mi	<i>Peak base week, longest base phase ...</i>
Week 4	RECOVERY	24 mi	Long: 8 mi	<i>RECOVERY WEEK - Absorb base training</i>
Week 5	BUILD	30 mi	Long: 13 mi	<i>Start build phase, introduce hill repeats</i>
Week 6	BUILD	28 mi	Long: 13 mi	<i>TRAVEL WEEK - Maintain fitness with shorter runs</i>
Week 7	RECOVERY	26 mi	Long: 10 mi	<i>RECOVERY WEEK - Absorb build training</i>
Week 8	BUILD	35 mi	Long: 14 mi	<i>Resume build - increase volume, weekly long runs</i>
Week 9	BUILD	40 mi	Long: 18 mi	<i>Peak build week - highest build phase ...</i>
Week 10	RECOVERY	30 mi	Long: 12 mi	<i>RECOVERY WEEK - Final recovery before peak</i>
Week 11	PEAK	44 mi	Long: 20 mi	<i>PEAK WEEK - Highest volume, longest runs</i>
Week 12	PEAK	40 mi	Long: 16 mi	<i>Race simulation long run with marathon pace</i>

Training Overview (cont.)

Week 13	PEAK	35 mi	Long: 12 mi	<i>Final hard week before taper begins</i>
Week 14	TAPER	25 mi	Long: 10 mi	<i>TAPER BEGINS - Reduce volume, m...</i>
Week 15	TAPER	15 mi	Long: 26.2 mi	<i>RACE WEEK - Rest, hydrate, trust yo...</i>

Phases: ● Base ● Build ● Peak ● Taper

Week 1 .BASE

15 weeks to go

"Every marathon starts with a single step"

25

Running:



~4.5

3

Strength



~2800

calories/day

RUNNING SCHEDULE

Mon	01/13	Easy Run	4 mi	~44min	Zone 2
Tue	01/14	Strides	5 mi	~55min	Zone 2 (Zone 4+)
Wed	01/15	Easy Run	4 mi	~44min	Zone 2
Thu	01/16	Rest Day	—	—	
Fri	01/17	Short Easy Run	3 mi	~33min	Zone 2
Sat	01/18	Cross Training	—	~40min	
Sun	01/19	Long Run	9 mi	~99min	Zone 2

STRENGTH SCHEDULE

Mon	Lower Body	40 min	After run
Wed	Upper Body	30 min	After run
Fri	Core	20 min	After run

NUTRITION TARGET

~2800 calories/day

Protein: 175g (25%)

Carbs: 350g (50%)

Fat: 78g (25%)

Week 2 .BASE

14 weeks to go

"The body achieves what the mind believes"

28

Rules:



~5

3

strength

~2850



RUNNING SCHEDULE

Mon	01/20	Easy Run	5 mi	~55min	Zone 2
Tue	01/21	Tempo Run	6 mi	~58min	Zone 3-4
Wed	01/22	Easy Run	4 mi	~44min	Zone 2
Thu	01/23	Rest Day	—	—	
Fri	01/24	Short Easy Run	3 mi	~33min	Zone 2
Sat	01/25	Cross Training	—	~40min	
Sun	01/26	Long Run	10 mi	~110min	Zone 2

STRENGTH SCHEDULE

Mon	Lower Body	40 min	After run
Wed	Upper Body	30 min	After run
Fri	Core	20 min	After run

NUTRITION TARGET

~2850 calories/day

Protein: 178g (25%)

Carbs: 356g (50%)

Fat: 79g (25%)

Week 3 .BASE

13 weeks to go

"Consistency is the key to transformation"

32

Running:



~5.5

3

Strength



~2900

calories/day

RUNNING SCHEDULE

Mon	01/27	Easy Run	5 mi	~55min	Zone 2
Tue	01/28	Fartlek	6 mi	~62min	Zone 2-3
Wed	01/29	Easy Run	5 mi	~55min	Zone 2
Thu	01/30	Rest Day	—	—	
Fri	01/31	Short Easy Run	4 mi	~44min	Zone 2
Sat	02/01	Cross Training	—	~40min	
Sun	02/02	Long Run	12 mi	~132min	Zone 2

STRENGTH SCHEDULE

Mon	Lower Body	40 min	After run
Wed	Upper Body	30 min	After run
Fri	Core	20 min	After run

NUTRITION TARGET

~2900 calories/day

Protein: 181g (25%)

Carbs: 363g (50%)

Fat: 81g (25%)

Week 4 .RECOVERY

12 weeks to go

"Rest is training too"

24

Running:



~4

1

strength

~2750

calories/day



RUNNING SCHEDULE

Mon	02/03	Easy Run	4 mi	~44min	Zone 2
Tue	02/04	Short Tempo	4 mi	~40min	Zone 3-4
Wed	02/05	Easy Run	4 mi	~44min	Zone 2
Thu	02/06	Rest Day	—	—	
Fri	02/07	Easy Run	3 mi	~33min	Zone 2
Sat	02/08	Rest Day	—	—	
Sun	02/09	Reduced Long Run	8 mi	~88min	Zone 2

STRENGTH SCHEDULE

Wed	Full Body	25 min	Light session
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NUTRITION TARGET

~2750 calories/day

Protein: 172g (25%)

Carbs: 344g (50%)

Recovery week - maintain calories for adaptation

Fat: 76g (25%)

Week 5 .BUILD

11 weeks to go

"Build your strength, build your confidence"

30

Running:



~5.5

2

Strength



~2850

calories/day

RUNNING SCHEDULE

Mon	02/10	Easy Run	5 mi	~55min	Zone 2
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Tue	02/11	Hill Repeats	5 mi	~52min	Zone 4-5 on hil...
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Wed	02/12	Easy Run	4 mi	~44min	Zone 2
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Thu	02/13	Rest Day	—	—	
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Fri	02/14	Easy Run	3 mi	~33min	Zone 2
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Sat	02/15	Rest Day	—	—	
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Sun	02/16	Long Run	13 mi	~143min	Zone 2
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STRENGTH SCHEDULE

Mon	Lower Body	35 min	After run
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Wed	Upper Body	30 min	After run
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NUTRITION TARGET

~2850 calories/day

Protein: 178g (25%)

Carbs: 356g (50%)

Fat: 79g (25%)

Week 6 .BUILD

10 weeks to go

"Embrace the challenge, enjoy the journey"

28

Running:



~4.5

1

Strength



~2800

calories/day

RUNNING SCHEDULE

Mon	02/17	Travel Run	4 mi	~44min	Zone 2
Tue	02/18	Travel Tempo	3 mi	~30min	Zone 3
Wed	02/19	Easy Run	4 mi	~44min	Zone 2
Thu	02/20	Rest Day	—	—	
Fri	02/21	Easy Run	4 mi	~44min	Zone 2
Sat	02/22	Travel Home	—	—	
Sun	02/23	Long Run	13 mi	~143min	Zone 2

STRENGTH SCHEDULE

Wed	Full Body	25 min	Hotel gym or bodyweight
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NUTRITION TARGET

~2800 calories/day

Protein: 175g (25%)

Carbs: 350g (50%)

Travel week - prioritize protein and hydration

Fat: 78g (25%)

Week 7 .RECOVERY

9 weeks to go

"Recovery is where the magic happens"

26

Ruling:



~4

1

strength

~2750



RUNNING SCHEDULE

Mon	02/24	Easy Run	4 mi	~44min	Zone 2
Tue	02/25	Strides	4 mi	~45min	Zone 2
Wed	02/26	Easy Run	4 mi	~44min	Zone 2
Thu	02/27	Rest Day	—	—	
Fri	02/28	Short Easy	3 mi	~33min	Zone 2
Sat	03/01	Rest Day	—	—	
Sun	03/02	Reduced Long Run	10 mi	~110min	Zone 2

STRENGTH SCHEDULE

Wed	Full Body	25 min	Light
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NUTRITION TARGET

~2750 calories/day

Protein: 172g (25%)

Carbs: 344g (50%)

Recovery week - maintain calories for adaptation

Fat: 76g (25%)

Week 8 .BUILD

8 weeks to go

"You're halfway there. Keep pushing."

35

Running:



~6



2

Strength



~2900

calories/day

RUNNING SCHEDULE

Mon	03/03	Easy Run	5 mi	~55min	Zone 2
Tue	03/04	Tempo Run	7 mi	~65min	Zone 3-4
Wed	03/05	Easy Run	5 mi	~55min	Zone 2
Thu	03/06	Rest Day	—	—	—
Fri	03/07	Easy Run	4 mi	~44min	Zone 2
Sat	03/08	Long Run (moved)	14 mi	~154min	Zone 2
Sun	03/09	WEDDING DAY	—	—	—

STRENGTH SCHEDULE

Mon	Lower Body	35 min	After run
Wed	Upper Body	30 min	After run

NUTRITION TARGET

~2900 calories/day

Protein: 181g (25%)

Carbs: 363g (50%)

Fat: 81g (25%)

Week 9 .BUILD

7 weeks to go

"Strong legs, strong heart, strong mind"

40

Running:



~7

2

Strength



~2950

calories/day

RUNNING SCHEDULE

Mon	03/10	Easy Run	5 mi	~55min	Zone 2
Tue	03/11	800m Repeats	7 mi	~65min	Zone 4-5 during...
Wed	03/12	Easy Run	5 mi	~55min	Zone 2
Thu	03/13	Rest Day	—	—	
Fri	03/14	Easy Run	5 mi	~55min	Zone 2
Sat	03/15	Cross Training	—	~40min	
Sun	03/16	Progression Long Run	18 mi	~190min	Zone 2→3→MP

STRENGTH SCHEDULE

Mon	Lower Body	35 min	After run
Wed	Upper Body	30 min	After run

NUTRITION TARGET

~2950 calories/day

Protein: 184g (25%)

Carbs: 369g (50%)

Fat: 82g (25%)

Week 10. RECOVERY

6 weeks to go

"Let your body absorb the work"

30

Running:



~5



1

Strength



~2800

calories/day

RUNNING SCHEDULE

Mon	03/17	Easy Run	4 mi	~44min	Zone 2
Tue	03/18	Short Tempo	4 mi	~40min	Zone 3
Wed	03/19	Easy Run	4 mi	~44min	Zone 2
Thu	03/20	Rest Day	—	—	
Fri	03/21	Easy Run	4 mi	~44min	Zone 2
Sat	03/22	Rest Day	—	—	
Sun	03/23	Reduced Long Run	12 mi	~132min	Zone 2

STRENGTH SCHEDULE

Wed	Full Body	25 min	Light
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NUTRITION TARGET

~2800 calories/day

Protein: 175g (25%)

Carbs: 350g (50%)

Recovery week - maintain calories for adaptation

Fat: 78g (25%)

Week 11 .PEAK

5 weeks to go

"You're stronger than you think"

44

Rules:



~7.5

2

Strength



~3000

calories/day

RUNNING SCHEDULE

Mon	03/24	Easy Run	5 mi	~55min	Zone 2
Tue	03/25	Tempo Run	8 mi	~72min	Zone 3-4
Wed	03/26	Easy Run	5 mi	~55min	Zone 2
Thu	03/27	Rest Day	—	—	
Fri	03/28	Easy Run	4 mi	~44min	Zone 2
Sat	03/29	Cross Training or Rest	—	~30min	
Sun	03/30	Peak Long Run	20 mi	~220min	Zone 2

STRENGTH SCHEDULE

Mon	Lower Body	25 min	Light - maintenance only
Wed	Core	20 min	After run

NUTRITION TARGET

~3000 calories/day

Protein: 188g (25%)

Carbs: 375g (50%)

Peak volume - fuel well for longest long run

Fat: 83g (25%)

Week 12. PEAK

4 weeks to go

"This is what you trained for"

40

Running:



~6.5

1

Strength

~2950

calories/day

RUNNING SCHEDULE

Mon	03/31	Recovery Run	4 mi	~48min	Zone 1-2
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Tue	04/01	Sharpening Intervals	6 mi	~55min	Zone 4-5
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Wed	04/02	Easy Run	5 mi	~55min	Zone 2
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Thu	04/03	Rest Day	—	—	
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Fri	04/04	Easy Run	4 mi	~44min	Zone 2
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Sat	04/05	Rest - Save legs for tomorrow	—	—	
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Sun	04/06	Race Simulation Long Run	16 mi	~165min	Zone 2→MP
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STRENGTH SCHEDULE

Wed	Full Body	20 min	Light maintenance
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NUTRITION TARGET

~2950 calories/day

Protein: 184g (25%)

Carbs: 369g (50%)

Fat: 82g (25%)

Week 13. PEAK

3 weeks to go

"Trust the process, embrace the peak"

35

Running:



~5.5

1

strength

~2850

calories/day

RUNNING SCHEDULE

Mon	04/07	Easy Run	5 mi	~55min	Zone 2
Tue	04/08	Final Tempo	6 mi	~56min	Zone 3-4
Wed	04/09	Easy Run	4 mi	~44min	Zone 2
Thu	04/10	Rest Day	—	—	
Fri	04/11	Easy Run	4 mi	~44min	Zone 2
Sat	04/12	Rest Day	—	—	
Sun	04/13	Final Long Run	12 mi	~130min	Zone 2

STRENGTH SCHEDULE

Wed	Core	15 min	Light
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NUTRITION TARGET

~2850 calories/day

Protein: 178g (25%)

Carbs: 356g (50%)

Fat: 79g (25%)

Week 14. TAPER

2 weeks to go

"Taper time: Stay calm, stay sharp"

25

Running:



~4

0

strength

~2700



RUNNING SCHEDULE

Mon	04/14	Easy Run	4 mi	~44min	Zone 2
Tue	04/15	Sharpening Strides	4 mi	~45min	Zone 2
Wed	04/16	Easy Run	4 mi	~44min	Zone 2
Thu	04/17	Rest Day	—	—	
Fri	04/18	Easy Run	3 mi	~33min	Zone 2
Sat	04/19	Rest Day	—	—	
Sun	04/20	Taper Long Run	10 mi	~110min	Zone 2

STRENGTH SCHEDULE

Taper week — no strength training

NUTRITION TARGET

~2700 calories/day

Protein: 169g (25%)

Carbs: 338g (50%)

Taper week - maintain nutrition despite lower volume

Fat: 75g (25%)

Week 15. TAPER

1 weeks to go

"Trust your training. Run your race."

15

Running:



~2.5

0

strength

~2600



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RUNNING SCHEDULE

Mon	04/21	Easy Run	3 mi	~33min	Zone 2
Tue	04/22	Final Shakeout	3 mi	~35min	Zone 2
Wed	04/23	Easy Jog	2 mi	~22min	Zone 1-2
Thu	04/24	Rest Day	—	—	
Fri	04/25	Pre-Race Shakeout	2 mi	~25min	Zone 2
Sat	04/26	RACE DAY - Eugene Marathon	26.2 mi	~240min	Zone 3
Sun	04/27	Recovery	—	—	

STRENGTH SCHEDULE

Taper week — no strength training

NUTRITION TARGET

~2600 calories/day

Protein: 163g (25%)

Carbs: 325g (50%)

Race week - carb load Thu/Fri, stay hydrated

Fat: 72g (25%)



RACE WEEK

Eugene Full Marathon

Sunday, April 26, 2026

"You've done the work. Now go shine."

Race Day Strategy

Target Pace: 9:00 - 9:15/mile

Goal Time: 4:00:00

- Start conservative - first 5K at easy pace
- Settle into marathon pace by mile 6
- Stay steady through halfway
- Fuel every 45 minutes

Pre-Race Checklist

Race day -2 Lay out all race gear, check weather forecast

Race day -1 Carb-load dinner, hydrate well, sleep early

Race morning Wake 3hrs before start, light breakfast, arrive early

Start line Dynamic stretches, stay warm, trust your training

Reign or shine, you've got this.