



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

SCHEDULE CONSTRAINTS

Running: Mon, Tue, Wed, Fri, Sat, Sun

Strength: Tue, Thu, Sat

Long Run: Sunday

Blocked Dates:

- Feb 15-22: Work travel (rest)
- Mar 07-08: Skiing trip (skiing)

Wk 1	BAS	25mi	LR:9mi	<i>Building aerobic foundation, establishing routine</i>
Wk 2	BAS	28mi	LR:10mi	<i>Continue building base, introduce tempo</i>
Wk 3	BAS	32mi	LR:12mi	<i>Peak base week, longest base phase volume</i>
Wk 4	REC	24mi	LR:8mi	<i>RECOVERY WEEK - Absorb base training, prepare for build phase</i>
Wk 5	BUI	30mi	LR:13mi	<i>Start build phase, introduce hill repeats</i>
Wk 6	BUI	13mi	LR:13mi	<i>TRAVEL WEEK - Forced rest, return to training Sunday</i>
Wk 7	REC	26mi	LR:10mi	<i>RECOVERY WEEK - Absorb build training after travel</i>
Wk 8	BUI	31mi	LR:14mi	<i>Resume build - skiing weekend adjusted schedule</i>
Wk 9	BUI	40mi	LR:18mi	<i>Peak build week - highest build phase volume</i>
Wk 10	REC	30mi	LR:12mi	<i>RECOVERY WEEK - Final recovery before peak phase</i>

Training Overview (cont.)

Wk 11	PEA	44mi	LR:20mi	<i>PEAK WEEK - Highest volume, longest long run</i>
Wk 12	PEA	40mi	LR:16mi	<i>Race simulation long run with marathon pace finish</i>
Wk 13	PEA	35mi	LR:12mi	<i>Final hard week before taper begins</i>
Wk 14	TAP	25mi	LR:10mi	<i>TAPER BEGINS - Reduce volume, maintain sharpness</i>
Wk 15	TAP	15mi	LR:26.2mi	<i>RACE WEEK - Rest, hydrate, trust your training</i>

Phases: ● Base ● Build ● Peak ● Taper

Week 1

BASE

15 weeks to go

"Every marathon starts with a single step"

25

miles



~4.5

hours

3

strength



~2800

cal/day

RUNNING SCHEDULE

Mon	01/13	Easy Run	4 mi	~44min	Zone 2
Tue	01/14	Strides	5 mi	~55min	Zone 2 (Zone 4-5 strides)
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

Tue	Lower Body	40 min	After run
Thu	Upper Body	30 min	Evening
Sat	Core	20 min	After cross-training

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

miles

~5

hours

3

strength

~2850

cal/day

Running:



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

Tue	Lower Body	40 min	After run
Thu	Upper Body	30 min	Evening
Sat	Core	20 min	After cross-training

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

miles

~5.5

hours

Running: M T W T F S S

3

strength

Strength: M T W T F S S

~2900

cal/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

Tue	Lower Body	40 min	After run
Thu	Upper Body	30 min	Evening
Sat	Core	20 min	After cross-training

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

miles

~4

hours

Running:



1

strength

Strength:



~2750

cal/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

Tue	Full Body	25 min	<i>Light session</i>
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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

miles



~5.5

hours

2

strength



~2850

cal/day

RUNNING SCHEDULE

Mon 02/10 **Easy Run** 5 mi ~55min Zone 2

Tue 02/11 **Hill Repeats** 5 mi ~52min Zone 4-5 on hills

Wed 02/12 **Easy Run** 4 mi ~44min Zone 2

Thu 02/13 **Rest Day** — —

Fri 02/14 **Long Run** 13 mi ~143min Zone 2
■ Moved from Sunday (work travel Feb 15-22)

Sat 02/15 **Travel Day - Rest** — —

Sun 02/16 **Travel Day - Rest** — —

STRENGTH SCHEDULE

Tue **Lower Body** 35 min After run

Thu **Upper Body** 30 min Evening

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"

13

miles

Running:



~2.5

hours

0

strength

Strength:



~2500

cal/day

RUNNING SCHEDULE

Mon 02/17 Travel Day - Rest

Tue 02/18 Travel Day - Rest

Wed 02/19 Travel Day - Rest

Thu 02/20 Travel Day - Rest

Fri 02/21 Travel Day - Rest

Sat 02/22 Travel Day - Rest

Sun 02/23 Return Long Run 13 mi ~143min Zone 2

STRENGTH SCHEDULE

No strength sessions this week

NUTRITION TARGET

~2500 calories/day

Protein: 156g (25%)

Travel week - reduced activity, maintain protein and hydration

Carbs: 313g (50%)

Fat: 69g (25%)

Week 7

RECOVERY

9 weeks to go

"Recovery is where the magic happens"

26

miles



~4

hours

1

strength



~2750

cal/day

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

Tue	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."

31

miles

~5.5

hours

Running: M T W T F S S

2

strength

Strength: M T W T F S S

~2900

cal/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 Long Run 14 mi ~154min Zone 2
■ Moved from Saturday (skiing trip)

Fri 03/07 Skiing (Cross-Training) — —

Sat 03/08 Skiing (Cross-Training) — —

Sun 03/09 Recovery Day — —

STRENGTH SCHEDULE

Tue Lower Body 35 min After run

Thu Upper Body 30 min After run (light session)

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

miles



~7

hours

2

strength



~2950

cal/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 intervals
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

Tue	Lower Body	35 min	After run
Thu	Upper Body	30 min	Evening

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

miles



~5

hours

1

strength



~2800

cal/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

Tue	Full Body	25 min	<i>Light</i>
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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

miles



~7.5

hours

2

strength



~3000

cal/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

Tue	Lower Body	25 min	<i>Light - maintenance only</i>
Thu	Core	20 min	<i>Evening</i>

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

miles



~6.5

hours

1

strength



~2950

cal/day

RUNNING SCHEDULE

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

STRENGTH SCHEDULE

Tue	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

miles



~5.5

hours

1

strength



~2850

cal/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

Tue	Core	15 min	<i>Light</i>
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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

miles

~4

hours

Running:



0

strength

Strength:



~2700

cal/day

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

miles

~2.5

hours

0

strength

~2600

cal/day

Running:



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 Mar...	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.