



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	Building aerobic foundation, establishi...
Week 2	BASE	28 mi	Long: 10 mi	Continue building base, introduce tempo
Week 3	BASE	32 mi	Long: 12 mi	Peak base week, longest base phase ...
Week 4	RECOVERY	24 mi	Long: 8 mi	RECOVERY WEEK - Absorb base trai...
Week 5	BUILD	30 mi	Long: 13 mi	Start build phase, introduce hill repeats
Week 6	BUILD	28 mi	Long: 13 mi	TRAVEL WEEK - Maintain fitness with...
Week 7	RECOVERY	26 mi	Long: 10 mi	RECOVERY WEEK - Absorb build trai...
Week 8	BUILD	35 mi	Long: 14 mi	Resume build - increase volume, wed...
Week 9	BUILD	40 mi	Long: 18 mi	Peak build week - highest build phase ...
Week 10	RECOVERY	30 mi	Long: 12 mi	RECOVERY WEEK - Final recovery b...
Week 11	PEAK	44 mi	Long: 20 mi	PEAK WEEK - Highest volume, longe...
Week 12	PEAK	40 mi	Long: 16 mi	Race simulation long run with maratho...

Training Overview (cont.)

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

Phases: ● Base ● Build ● Peak ● Taper

Week 1

BASE

15 weeks to go

"Every marathon starts with a single step"

Total: 25 miles		~4.5 hours	Strength	Building aerobic foundation, establish...
Mon	Easy Run			Zone 2
01/13	4 mi ~44 min			+ lower body 40min
Tue	Strides			Zone 2 (Zone 4-5 strides)
01/14	5 mi ~55 min Easy run with 6x100m strides			
Wed	Easy Run			Zone 2
01/15	4 mi ~44 min			+ upper body 30min
Thu	Rest Day			
01/16				
Fri	Short Easy Run			Zone 2
01/17	3 mi ~33 min			+ core 20min
Sat	Cross Training			
01/18				
Sun	Long Run			Zone 2
01/19	9 mi ~99 min			

Week 2

BASE

14 weeks to go

"The body achieves what the mind believes"

Total: 28 miles

~5 hours

Strength

Continue building base, introduce te...

Mon

Easy Run

Zone 2

01/20

5 mi | ~55 min

+ lower body 40min

Tue

Tempo Run

Zone 3-4

01/21

6 mi | ~58 min

1.5mi warmup, 3mi tempo, 1.5mi cooldown

Wed

Easy Run

Zone 2

01/22

4 mi | ~44 min

+ upper body 30min

Thu

Rest Day

01/23

Fri

Short Easy Run

Zone 2

01/24

3 mi | ~33 min

+ core 20min

Sat

Cross Training

01/25

Sun

Long Run

Zone 2

01/26

10 mi | ~110 min

Week 3

BASE

13 weeks to go

"Consistency is the key to transformation"

Total: 32 miles

~5.5 hours

Strength 3x

Peak base week, longest base phase...

Mon

Easy Run

Zone 2

01/27

5 mi | ~55 min

+ lower body 40min

Tue

Fartlek

Zone 2-3

01/28

6 mi | ~62 min

Easy run with 8x1min pickups at tempo pace, 1min easy between

Wed

Easy Run

Zone 2

01/29

5 mi | ~55 min

+ upper body 30min

Thu

Rest Day

01/30

Fri

Short Easy Run

Zone 2

01/31

4 mi | ~44 min

+ core 20min

Sat

Cross Training

02/01

Sun

Long Run

Zone 2

02/02

12 mi | ~132 min

Week 4 • RECOVERY

12 weeks to go

"Rest is training too"

Total: 24 miles

~4 hours

Strength 1x

RECOVERY WEEK - Absorb base tr...

Mon

Easy Run

Zone 2

02/03

4 mi | ~44 min

Tue

Short Tempo

Zone 3-4

02/04

4 mi | ~40 min

Reduced: 1mi warmup, 2mi tempo, 1mi cooldown

Wed

Easy Run

Zone 2

02/05

4 mi | ~44 min

+ full body 25min

Thu

Rest Day

02/06

Fri

Easy Run

Zone 2

02/07

3 mi | ~33 min

Sat

Rest Day

02/08

Sun

Reduced Long Run

Zone 2

02/09

8 mi | ~88 min

Week 5

BUILD

11 weeks to go

"Build your strength, build your confidence"

Total: 30 miles

~5.5 hours

Strength 2x

Start build phase, introduce hill repea...

Mon

Easy Run

Zone 2

02/10

5 mi | ~55 min

+ lower body 35min

Tue

Hill Repeats

Zone 4-5 on hills

02/11

5 mi | ~52 min

1.5mi warmup, 6x60sec hill at hard effort, jog down recovery, 1.5mi cooldown

Wed

Easy Run

Zone 2

02/12

4 mi | ~44 min

+ upper body 30min

Thu

Rest Day

02/13

Fri

Easy Run

Zone 2

02/14

3 mi | ~33 min

Sat

Rest Day

02/15

Sun

Long Run

Zone 2

02/16

13 mi | ~143 min

Week 6

BUILD

10 weeks to go

"Embrace the challenge, enjoy the journey"

Total: 28 miles

~4.5 hours

Strength: 1x TRAVEL WEEK - Maintain fitness wit...

Mon

Travel Run

Zone 2

02/17

4 mi | ~44 min
Find a route near your location

Tue

Travel Tempo

Zone 3

02/18

3 mi | ~30 min
Shorter tempo - 3mi total with 1.5mi @ tempo

Wed

Easy Run

Zone 2

02/19

4 mi | ~44 min

+ full body 25min

Thu

Rest Day

02/20

Fri

Easy Run

Zone 2

02/21

4 mi | ~44 min

Sat

Travel Home

02/22

Sun

Long Run

Zone 2

02/23

13 mi | ~143 min

Week 7

RECOVERY

9 weeks to go

"Recovery is where the magic happens"

Total: 26 miles

~4 hours

Strength & RECOVERY WEEK - Absorb build tr...

Mon

Easy Run

Zone 2

02/24

4 mi | ~44 min

Tue

Strides

Zone 2

02/25

4 mi | ~45 min
Easy run with 6x100m strides - keep legs fresh

Wed

Easy Run

Zone 2

02/26

4 mi | ~44 min

+ full body 25min

Thu

Rest Day

02/27

Fri

Short Easy

Zone 2

02/28

3 mi | ~33 min

Sat

Rest Day

03/01

Sun

Reduced Long Run

Zone 2

03/02

10 mi | ~110 min

Week 8 • BUILD

8 weeks to go

"You're halfway there. Keep pushing."

Total: 35 miles

~6 hours

Strength 2x

Resume build - increase volume, we...

Mon

Easy Run

Zone 2

03/03

5 mi | ~55 min

+ lower body 35min

Tue

Tempo Run

Zone 3-4

03/04

7 mi | ~65 min

1.5mi warmup, 4mi tempo, 1.5mi cooldown

Wed

Easy Run

Zone 2

03/05

5 mi | ~55 min

+ upper body 30min

Thu

Rest Day

03/06

Fri

Easy Run

Zone 2

03/07

4 mi | ~44 min

Sat

Long Run (moved)

Zone 2

03/08

14 mi | ~154 min

Long run moved to Saturday due to wedding

Sun

WEDDING DAY

03/09

Week 9 • BUILD

7 weeks to go

"Strong legs, strong heart, strong mind"

Total: 40 miles

~7 hours

Strength: Peak build week - highest build phase...

Mon

Easy Run

Zone 2

03/10

5 mi | ~55 min

+ lower body 35min

Tue

800m Repeats

Zone 4-5 during intervals

03/11

7 mi | ~65 min

2mi warmup, 6x800m @ 5K pace with 400m jog recovery, 1mi cooldown

Wed

Easy Run

Zone 2

03/12

5 mi | ~55 min

+ upper body 30min

Thu

Rest Day

03/13

Fri

Easy Run

Zone 2

03/14

5 mi | ~55 min

Sat

Cross Training

03/15

Sun

Progression Long Run

Zone 2â†’3â†’MP

03/16

18 mi | ~190 min

18mi total: 12mi easy, 4mi moderate, 2mi at marathon pace

Week 10 • RECOVERY

6 weeks to go

"Let your body absorb the work"

Total: 30 miles

~5 hours

Strength & RECOVERY WEEK - Final recovery ...

Mon

Easy Run

Zone 2

03/17

4 mi | ~44 min

Tue

Short Tempo

Zone 3

03/18

4 mi | ~40 min
1mi warmup, 2mi tempo, 1mi cooldown

Wed

Easy Run

Zone 2

03/19

4 mi | ~44 min

+ full body 25min

Thu

Rest Day

03/20

Fri

Easy Run

Zone 2

03/21

4 mi | ~44 min

Sat

Rest Day

03/22

Sun

Reduced Long Run

Zone 2

03/23

12 mi | ~132 min

Week 11 • PEAK

5 weeks to go

"You're stronger than you think"

Total: 44 miles

~7.5 hours

Strength 2x

PEAK WEEK - Highest volume, long...

Mon

Easy Run

Zone 2

03/24

5 mi | ~55 min

+ lower body 25min

Tue

Tempo Run

Zone 3-4

03/25

8 mi | ~72 min

1.5mi warmup, 5mi tempo, 1.5mi cooldown

Wed

Easy Run

Zone 2

03/26

5 mi | ~55 min

+ core 20min

Thu

Rest Day

03/27

Fri

Easy Run

Zone 2

03/28

4 mi | ~44 min

Sat

Cross Training or Rest

03/29

Sun

Peak Long Run

Zone 2

03/30

20 mi | ~220 min

20 miles - your longest run. Stay easy, practice race fueling.

Week 12 • PEAK

4 weeks to go

"This is what you trained for"

Total: 40 miles

~6.5 hours

Strength & Race simulation long run with marath...

Mon

Recovery Run

Zone 1-2

03/31

4 mi | ~48 min
Very easy after long weekend

Tue

Sharpening Intervals

Zone 4-5

04/01

6 mi | ~55 min
2mi warmup, 4x1000m @ 5K pace, 2min jog recovery, 1mi cooldown

Wed

Easy Run

Zone 2

04/02

5 mi | ~55 min

+ full body 20min

Thu

Rest Day

04/03

Fri

Easy Run

Zone 2

04/04

4 mi | ~44 min

Sat

Rest - Save legs for tomorrow

04/05

Sun

Race Simulation Long Run

Zone 2 + MP

04/06

16 mi | ~165 min
16mi total: 10mi easy, then 6mi at marathon pace. Practice race fueling.

Week 13 • PEAK

3 weeks to go

"Trust the process, embrace the peak"

Total: 35 miles

~5.5 hours

Strength Final hard week before taper begins

Mon

Easy Run

Zone 2

04/07

5 mi | ~55 min

Tue

Final Tempo

Zone 3-4

04/08

6 mi | ~56 min
1mi warmup, 4mi tempo, 1mi cooldown

Wed

Easy Run

Zone 2

04/09

4 mi | ~44 min

+ core 15min

Thu

Rest Day

04/10

Fri

Easy Run

Zone 2

04/11

4 mi | ~44 min

Sat

Rest Day

04/12

Sun

Final Long Run

Zone 2

04/13

12 mi | ~130 min
Last long effort before taper - moderate pace

Week 14 • TAPER

2 weeks to go

"Taper time: Stay calm, stay sharp"

Total: 25 miles

~4 hours

Strength: 0x

TAPER BEGINS - Reduce volume, m...

Mon

Easy Run

Zone 2

04/14

4 mi | ~44 min

Tue

Sharpening Strides

Zone 2

04/15

4 mi | ~45 min
3mi easy with 6x100m strides

Wed

Easy Run

Zone 2

04/16

4 mi | ~44 min

Thu

Rest Day

04/17

Fri

Easy Run

Zone 2

04/18

3 mi | ~33 min

Sat

Rest Day

04/19

Sun

Taper Long Run

Zone 2

04/20

10 mi | ~110 min
Last double-digit run. Keep it easy.

Week 15 • TAPER

1 weeks to go

"Trust your training. Run your race."

Total: 15 miles

~2.5 hours

Strength 0x

RACE WEEK - Rest, hydrate, trust y...

Mon

Easy Run

Zone 2

04/21

3 mi | ~33 min

Tue

Final Shakeout

Zone 2

04/22

3 mi | ~35 min
2mi easy with 4x100m strides at MP

Wed

Easy Jog

Zone 1-2

04/23

2 mi | ~22 min

Thu

Rest Day

04/24

Fri

Pre-Race Shakeout

Zone 2

04/25

2 mi | ~25 min
Easy 2mi with a few 20-second pickups

Sat

RACE DAY - Eugene Marathon

Zone 3

04/26

26.2 mi | ~240 min
26.2 miles. Trust your training. Start conservative. Finish strong.

Sun

Recovery

04/27



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.