



# 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

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	28mi	LR:13mi	<i>TRAVEL WEEK - Maintain fitness with flexible schedule</i>
Wk 7	REC	26mi	LR:10mi	<i>RECOVERY WEEK - Absorb build training after travel</i>
Wk 8	BUI	35mi	LR:14mi	<i>Resume build - increase volume, wedding on Sunday</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>
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>

# Training Overview (cont.)

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

Running: M T W T F S S

**3**

strength

Strength: M T W T F S S

**~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

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

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

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

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

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**

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

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**

miles

**~5.5**

hours

Running:



**2**

strength

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 **Easy Run** 3 mi ~33min Zone 2

**Sat** 02/15 **Rest Day** — —

**Sun** 02/16 **Long Run** 13 mi ~143min Zone 2

### STRENGTH SCHEDULE

**Mon** **Lower Body** 35 min After run

**Wed** **Upper Body** 30 min After run

### 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**

miles

**~4.5**

hours

Running:



**1**

strength

Strength:



**~2800**

cal/day

### RUNNING SCHEDULE

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

<b>Wed</b>	<b>Full Body</b>	25 min	<i>Hotel gym or bodyweight</i>
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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

miles

Running: M T W T F S S

~4

hours

1

strength

Strength: M T W T F S S

~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

Wed Full Body 25 min Light

### 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

miles

~6

hours

Running:



2

strength

Strength:



~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	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**

miles

**~7**

hours

Running:



**2**

strength

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

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**

miles



**~5**

hours

**1**

strength



**~2800**

cal/day

## RUNNING SCHEDULE

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

<b>Wed</b>	<b>Full Body</b>	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

Running: M T W T F S S

**2**

strength

Strength: M T W T F S S

**~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

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**

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

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**

miles



**~5.5**

hours

**1**

strength



**~2850**

cal/day

## RUNNING SCHEDULE

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

## STRENGTH SCHEDULE

<b>Wed</b>	<b>Core</b>	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.**