



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"

Total: 25 miles

~4.5 hours

StrengthBuilding aerobic foundation, establish...

Mon **Easy Run**

01/13 4 mi | ~44 min

Zone 2

+ lower body 40min

Tue **Strides**

01/14 5 mi | ~55 min
Easy run with 6x100m strides

Zone 2 (Zone 4-5 strides)

Wed **Easy Run**

01/15 4 mi | ~44 min

Zone 2

+ upper body 30min

Thu **Rest Day**

01/16

Fri **Short Easy Run**

01/17 3 mi | ~33 min

Zone 2

+ core 20min

Sat **Cross Training**

01/18

Sun **Long Run**

01/19 9 mi | ~99 min

Zone 2

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

01/20 5 mi | ~55 min

Zone 2

+ lower body 40min

Tue Tempo Run

01/21 6 mi | ~58 min
1.5mi warmup, 3mi tempo, 1.5mi cooldown

Zone 3-4

Wed Easy Run

01/22 4 mi | ~44 min

Zone 2

+ upper body 30min

Thu Rest Day

01/23

Fri Short Easy Run

01/24 3 mi | ~33 min

Zone 2

+ core 20min

Sat Cross Training

01/25

Sun Long Run

01/26 10 mi | ~110 min

Zone 2

Week 3

•BASE

13 weeks to go

"Consistency is the key to transformation"

Total: 32 miles

~5.5 hours

Strength

Peak base week, longest base phase...

Mon Easy Run

01/27 5 mi | ~55 min

Zone 2

+ lower body 40min

Tue Fartlek

01/28 6 mi | ~62 min

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

Zone 2-3

Wed Easy Run

01/29 5 mi | ~55 min

Zone 2

+ upper body 30min

Thu Rest Day

01/30

Fri Short Easy Run

01/31 4 mi | ~44 min

Zone 2

+ core 20min

Sat Cross Training

02/01

Sun Long Run

02/02 12 mi | ~132 min

Zone 2

Week 4 • RECOVERY

12 weeks to go

"Rest is training too"

Total: 24 miles

~4 hours

Strength RECOVERY WEEK - Absorb base tr...

Mon Easy Run

02/03 4 mi | ~44 min

Zone 2

Tue Short Tempo

02/04 4 mi | ~40 min

Zone 3-4

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

Wed Easy Run

02/05 4 mi | ~44 min

Zone 2

+ full body 25min

Thu Rest Day

02/06

Fri Easy Run

02/07 3 mi | ~33 min

Zone 2

Sat Rest Day

02/08

Sun Reduced Long Run

02/09 8 mi | ~88 min

Zone 2

Week 5 • BUILD

11 weeks to go

"Build your strength, build your confidence"

Total: 30 miles

~5.5 hours

StrengthStart build phase, introduce hill repea...

Mon Easy Run

02/10 5 mi | ~55 min

Zone 2

+ lower body 35min

Tue Hill Repeats

02/11 5 mi | ~52 min

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

Zone 4-5 on hills

Wed Easy Run

02/12 4 mi | ~44 min

Zone 2

+ upper body 30min

Thu Rest Day

02/13

Fri Easy Run

02/14 3 mi | ~33 min

Zone 2

Sat Rest Day

02/15

Sun Long Run

02/16 13 mi | ~143 min

Zone 2

Week 6 •••BUILD

10 weeks to go

"Embrace the challenge, enjoy the journey"

Total: 28 miles

~4.5 hours

Strength: TRAVEL WEEK - Maintain fitness wit...

Mon Travel Run

02/17

4 mi | ~44 min

Find a route near your location

Zone 2

Tue Travel Tempo

02/18

3 mi | ~30 min

Shorter tempo - 3mi total with 1.5mi @ tempo

Zone 3

Wed Easy Run

02/19

4 mi | ~44 min

Zone 2

+ full body 25min

Thu Rest Day

02/20

Fri Easy Run

02/21

4 mi | ~44 min

Zone 2

Sat Travel Home

02/22

Sun Long Run

02/23

13 mi | ~143 min

Zone 2

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

02/24 4 mi | ~44 min

Zone 2

Tue Strides

02/25 4 mi | ~45 min
Easy run with 6x100m strides - keep legs fresh

Zone 2

Wed Easy Run

02/26 4 mi | ~44 min

Zone 2

+ full body 25min

Thu Rest Day

02/27

Fri Short Easy

02/28 3 mi | ~33 min

Zone 2

Sat Rest Day

03/01

Sun Reduced Long Run

03/02 10 mi | ~110 min

Zone 2

Week 8 • BUILD

8 weeks to go

"You're halfway there. Keep pushing."

Total: 35 miles

~6 hours

Strength

Resume build - increase volume, we...

Mon Easy Run

03/03 5 mi | ~55 min

Zone 2

+ lower body 35min

Tue Tempo Run

03/04 7 mi | ~65 min
1.5mi warmup, 4mi tempo, 1.5mi cooldown

Zone 3-4

Wed Easy Run

03/05 5 mi | ~55 min

Zone 2

+ upper body 30min

Thu Rest Day

03/06

Fri Easy Run

03/07 4 mi | ~44 min

Zone 2

Sat Long Run (moved)

03/08 14 mi | ~154 min
Long run moved to Saturday due to wedding

Zone 2

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 phas...

Mon Easy Run

03/10 5 mi | ~55 min

Zone 2

+ lower body 35min

Tue 800m Repeats

03/11 7 mi | ~65 min
2mi warmup, 6x800m @ 5K pace with 400m jog recovery, 1mi cooldown

Zone 4-5 during intervals

Wed Easy Run

03/12 5 mi | ~55 min

Zone 2

+ upper body 30min

Thu Rest Day

03/13

Fri Easy Run

03/14 5 mi | ~55 min

Zone 2

Sat Cross Training

03/15

Sun Progression Long Run

03/16 18 mi | ~190 min
18mi total: 12mi easy, 4mi moderate, 2mi at marathon pace

Zone 2+3+MP

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

03/17 4 mi | ~44 min

Zone 2

Tue Short Tempo

03/18 4 mi | ~40 min
1mi warmup, 2mi tempo, 1mi cooldown

Zone 3

Wed Easy Run

03/19 4 mi | ~44 min

Zone 2

+ full body 25min

Thu Rest Day

03/20

Fri Easy Run

03/21 4 mi | ~44 min

Zone 2

Sat Rest Day

03/22

Sun Reduced Long Run

03/23 12 mi | ~132 min

Zone 2

Week 11 · PEAK

5 weeks to go

"You're stronger than you think"

Total: 44 miles

~7.5 hours

StrengthPEAK WEEK - Highest volume, long...

Mon Easy Run

03/24 5 mi | ~55 min

Zone 2

+ lower body 25min

Tue Tempo Run

03/25 8 mi | ~72 min
1.5mi warmup, 5mi tempo, 1.5mi cooldown

Zone 3-4

Wed Easy Run

03/26 5 mi | ~55 min

Zone 2

+ core 20min

Thu Rest Day

03/27

Fri Easy Run

03/28 4 mi | ~44 min

Zone 2

Sat Cross Training or Rest

03/29

Sun Peak Long Run

03/30 20 mi | ~220 min
20 miles - your longest run. Stay easy, practice race fueling.

Zone 2

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 2-3MP
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

04/07 5 mi | ~55 min

Zone 2

Tue Final Tempo

04/08 6 mi | ~56 min
1mi warmup, 4mi tempo, 1mi cooldown

Zone 3-4

Wed Easy Run

04/09 4 mi | ~44 min

Zone 2

+ core 15min

Thu Rest Day

04/10

Fri Easy Run

04/11 4 mi | ~44 min

Zone 2

Sat Rest Day

04/12

Sun Final Long Run

04/13 12 mi | ~130 min
Last long effort before taper - moderate pace

Zone 2

Week 14 · TAPER

2 weeks to go

"Taper time: Stay calm, stay sharp"

Total: 25 miles

~4 hours

Strength

TAPER BEGINS - Reduce volume, m...

Mon Easy Run

04/14 4 mi | ~44 min

Zone 2

Tue Sharpening Strides

04/15 4 mi | ~45 min
3mi easy with 6x100m strides

Zone 2

Wed Easy Run

04/16 4 mi | ~44 min

Zone 2

Thu Rest Day

04/17

Fri Easy Run

04/18 3 mi | ~33 min

Zone 2

Sat Rest Day

04/19

Sun Taper Long Run

04/20 10 mi | ~110 min
Last double-digit run. Keep it easy.

Zone 2

Week 15 • TAPER

1 weeks to go

"Trust your training. Run your race."

Total: 15 miles

~2.5 hours

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

Mon Easy Run

04/21 3 mi | ~33 min

Zone 2

Tue Final Shakeout

04/22 3 mi | ~35 min
2mi easy with 4x100m strides at MP

Zone 2

Wed Easy Jog

04/23 2 mi | ~22 min

Zone 1-2

Thu Rest Day

04/24

Fri Pre-Race Shakeout

04/25 2 mi | ~25 min
Easy 2mi with a few 20-second pickups

Zone 2

Sat RACE DAY - Eugene Marathon

04/26 26.2 mi | ~240 min
26.2 miles. Trust your training. Start conservative. Finish strong.

Zone 3

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.