



Reign or Shine

Eugene Full Marathon

April 26, 2026

Goal Time: 4:00:00

15-WEEK MODERATE PLAN

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	80% of training should be in Zone 2 (Easy/Aerobic) -185 bpm (90-100%)

Training Overview

15 weeks to race day

Wk 1	BAS	25mi	LR:9mi	Building aerobic foundation, establishing routine
Wk 2	BAS	28mi	LR:10mi	Continue building base, introduce tempo
Wk 3	BAS	32mi	LR:12mi	Peak base week, longest base phase volume
Wk 4	REC	24mi	LR:8mi	RECOVERY WEEK - Absorb base training, prepare for build phase
Wk 5	BUI	30mi	LR:13mi	Start build phase, introduce hill repeats
Wk 6	BUI	28mi	LR:13mi	TRAVEL WEEK - Maintain fitness with flexible schedule
Wk 7	REC	26mi	LR:10mi	RECOVERY WEEK - Absorb build training after travel
Wk 8	BUI	35mi	LR:14mi	Resume build - increase volume, wedding on Sunday
Wk 9	BUI	40mi	LR:18mi	Peak build week - highest build phase volume
Wk 10	REC	30mi	LR:12mi	RECOVERY WEEK - Final recovery before peak phase
Wk 11	PEA	44mi	LR:20mi	PEAK WEEK - Highest volume, longest long run
Wk 12	PEA	40mi	LR:16mi	Race simulation long run with marathon pace finish

Training Overview (cont.)

Wk 13	PEA	35mi	LR:12mi	Final hard week before taper begins
Wk 14	TAP	25mi	LR:10mi	TAPER BEGINS - Reduce volume, maintain sharpness
Wk 15	TAP	15mi	LR:26.2mi	RACE WEEK - Rest, hydrate, trust your training

Phases: ● Base ● Build ● Peak ● Taper

Week 1

BASE

15 weeks to go

"Every marathon starts with a single step"

25

miles

Running:



~4.5

hours

3

strength

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

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

Running:



~5

hours

3

strength

Strength:



~2850

cal/day

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

Running:



~5.5

hours

3

strength

Strength:



~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

Running:



~4

hours

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

Running:



~5.5

hours

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

Running:



~4.5

hours

1

strength

Strength:



~2800

cal/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

miles

Running:



~4

hours

1

strength

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

Wed	Full Body	25 min	Light
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NUTRITION TARGET

~2750 calories/day

Protein: 172g (25%)

Carbs: 344g (50%)

Fat: 76g (25%)

Recovery week - maintain calories for adaptation

Week 8

BUILD

8 weeks to go

"You're halfway there. Keep pushing."

35

miles

Running:



~6

hours

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

Running:



~7

hours

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

Running:

M

T

W

T

F

S

S

~5

hours

1

strength

Strength:

M

T

W

T

F

S

S

~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

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

miles

Running:



~7.5

hours

2

strength

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

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

Running:

M T W T F S S

~6.5

hours

1

strength

Strength:

M T W T F S S

~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 tomorrow—	—	—	
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

Running:

M

T

W

T

F

S

S

~5.5

hours

1

strength

Strength:

M

T

W

T

F

S

S

~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

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

miles

Running:



~4

hours

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%)

Fat: 75g (25%)

Taper week - maintain nutrition despite lower volume

Week 15 TAPER

1 weeks to go

"Trust your training. Run your race."

15
miles
Running:

M

T

W

T

F

S

S

~2.5
hours

0
strength
Strength:

M

T

W

T

F

S

S

~2600
cal/day

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.