

East Nasty 2025 Half and Full Marathon Training Plan

Week	Long Runs -Saturday Mornings, Various Locations						Suggested Weekday Schedule (Half Distance)					
	Date	Location	Half Marathon		Marathon		Sun	Mon	Tues	Wed	Thurs	Fri
1	Jan 11	Shelby Park	8:00 am	45 min	9 miles	8:00 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
2	Jan 18	NRC	8:00 am	5 miles	11	8:00 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
3	Jan 25	Capitol View	8:00 am	6 miles	13	8:00 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
4	Feb 1	Shelby Park	8:00 am	5K TT	10	8:00 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
5	Feb 8	Capitol View	8:00 am	7	14	8:00 am	Active Recovery	Xtrain	Speed Session Air Park Tempo	East Nasty	3M easy	Rest
6	Feb 15	Capitol View	8:00 am	8	16	8:00 am	Active Recovery	Xtrain	Speed Session Hills Shelby	East Nasty	3M easy	Rest
7	Feb 22	Centennial Park	8:00 am	9	17	8:00 am	Active Recovery	Xtrain	Speed Session Track EN WO	East Nasty	3M easy	Rest
8	Mar 1	No organized run River Bluff Half Marathon & Tom King Race		Race!	Race!		Active Recovery	Xtrain	Speed Session Air Park Tempo	East Nasty +1	3M easy	Rest
9	Mar 8	NRC	8:00 am	10	18	7:00 am	Active Recovery	Xtrain	Speed Session Hills Shelby	East Nasty +1	3M easy	Rest
10	Mar 15	St Patrick's Day Run Centennial Park	8:00 am	11	15	7:00 am	Active Recovery	Xtrain	Speed Session Track EN WO	East Nasty +1	3M easy	Rest

11	Mar 22	Capitol View	8:00 am	1+10K GP+1	19	7:00 am	Active Recovery	Xtrain	Speed Session Air Park Tempo	East Nasty	3M easy	Rest
12	Mar 29	Centennial Park	8:00 am	11	16	7:00 am	Active Recovery	Xtrain	Speed Session Hills Shelby	East Nasty +1	3M easy	Rest
13	Apr 5	Capitol View	8:00 am	13	20	7:00 am	Active Recovery	Xtrain	Speed Session Track EN WO	East Nasty +1	3M easy	Rest
14	Apr 12	Capitol View	8:00 am	8	13	7:00 am	Active Recovery	Xtrain	Speed Session Air Park Tempo	East Nasty	3M easy	Rest
15	Apr 19	NRC	8:00 am	60 min Easy	9	7:30 am	Active Recovery	Xtrain	Speed Session Track EN WO	East Nasty	3M easy	Rest
16	Apr 26	Race!					Celebrate	Rest	Eat	East Nasty	Recover	Eat

- Exact locations will be released by email prior to the Saturday run. Based on unforeseen events at scheduled start locations, last-minute location changes are likely and will be posted on social media accounts.

Half Marathon Runners:

- Can already run 5 miles.
- Will complete 1 run of at least 13 miles.
- Have the ability/desire to run 3 to 4 days per week.
- Should either run or crosstrain five days each week (for example strength, Capitol Steps Workouts, yoga, swim, Crossfit, etc.).

Marathon Runners:

- Can already run 8+ miles.
- Will complete 1 run of at least 20 miles.
- Have the ability/desire to run 4 to 5 days per week.
- Should run 30-45 minutes on non-structured days.

GUIDELINES

Everyone should:

- Modify the plan according to your actual race date. This plan is designed for races occurring on the weekend of April 27th, but the plan should be easy to modify for earlier or later dates.
- Tuesday Runs: Tuesday runs should be either faster or hillier than other days of the week. The East Nasty Speed Work series is an excellent option.
- Wednesday Runs: Plan to join the regular East Nasty Wednesday runs at 12th and Holly. Add miles either before or after the run to equal approximately half the distance of the planned Saturday run.
- Try to run a race (5k, 10k, or Half for advanced runners) during the weekend of March 2nd.
- Perform some sort of physical activity 6 days a week even if it's just walking. On rest or active recovery days, plan a lighter activity such as walking, hiking, yard work, etc.
- Wear good, supportive shoes and run on soft surfaces as much as possible.

LEGEND

NRC	Nashville Running Company
TT	Time Trial: Benchmark test to see how fast you can run a 5k, trying to push the pace faster than your half marathon goal pace.
Easy	1:30-2:30 per mile slower than your 5k pace.
GP	Goal Pace: Your target pace for the actual race.