



## 2024 Marathon Distance Camp Training

### Definitions to know:

**RPE (Rate of Perceived Exertion):** Your speed work is set to a level \*8\* defined as “Feels uncomfortable, can barely speak a sentence” This puts your body into an Anaerobic capacity. In our training this RPE of 8 should only apply when doing speed work.

**Example :** 7 Mile Speed | 2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down  
You should be at an RPE of 8 during the 3 bouts of 800M with a recovery (walk or jog) for 800M between each set. If you have questions, please ask your team leader or reach out to Forrest or one of the Specialists.

**Cross train:** Cross training can be anything that gets your body moving for 30min-1hr (Yoga, Pilates, HIIT, or strength training)

**Active recovery:** (Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

**Rest:** This is what it is, reduce movement, practice self care, let your body rest as much as possible that day, focus on feeding your body and letting it recover.



2024 Marathon Distance Camp Training

# DECEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9 5 Miles Easy
10 Active Recovery; Walk or Play for 30 Minutes	11 Cross Train; Strength Training or Walk	12 4 Mile Run	13 Active Recovery; Walk or Play for 30 Minutes	14 4 Miles Easy; Strength Train	15 Off/Rest	16 6 Miles Easy
17 Active Recovery; Walk or Play for 30 Minutes	18 Cross Train; Strength Train, Bike or Swim	19 5 Mile Run	20 Active Recovery; Walk or Play for 30 Minutes	21 4 Miles Easy; Strength Train	22 Off/Rest	23 7 Miles Easy
24 Active Recovery; Walk or Play for 30 Minutes	25 Cross Train; Strength Training or Walk	26 6 Mile Run	27 Active Recovery; Walk or Play for 30 Minutes	28 4 Miles Easy; Strength Train	29 Off/Rest	30 8 Miles Easy
31 Active Recovery; Walk or Play for 30 Minutes						

Monday, Tuesday, and Wednesday could be done in any order as is needed for work and family needs



2024 Marathon Distance Camp Training

# JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
Active Recovery; Walk or Play for 30 Minutes	<sup>1</sup> Cross Train; Strength Training or Walk	<sup>2</sup>  6 Mile Run	<sup>3</sup> Active Recovery; Walk or Play for 30 Minutes	<sup>4</sup>  5 Miles Easy; Strength Train	<sup>5</sup>  Off/Rest	<sup>6</sup>  6 Miles Easy
<sup>7</sup> Active Recovery; Walk or Play for 30 Minutes	<sup>8</sup> Cross Train; Strength Training or Walk	<sup>9</sup>  6 Mile Run	<sup>10</sup> Active Recovery; Walk or Play for 30 Minutes	<sup>11</sup>  5 Miles Easy; Strength Train	<sup>12</sup>  Off/Rest	<sup>13</sup>  9 Miles Easy
<sup>14</sup> Active Recovery; Walk or Play for 30 Minutes	<sup>15</sup> Cross Train; Strength Training or Walk	<sup>16</sup>  6 Mile Run	<sup>17</sup> Active Recovery; Walk or Play for 30 Minutes	<sup>18</sup>  5 Miles Easy; Strength Train	<sup>19</sup>  Off/Rest	<sup>20</sup>  10 Miles Easy
<sup>21</sup> Active Recovery; Walk or Play for 30 Minutes	<sup>22</sup> Cross Train; Strength Training or Walk	<sup>23</sup>  6 Mile Run	<sup>24</sup> Active Recovery; Walk or Play for 30 Minutes	<sup>25</sup>  6 Miles Easy; Strength Train	<sup>26</sup>  Off/Rest	<sup>27</sup>  11 Miles Easy
<sup>28</sup> Active Recovery; Walk or Play for 30 Minutes	<sup>29</sup>  3 Mile Run; Strength Train	<sup>30</sup>  6 Mile Speed <small>*1 Mile Easy; 4 x 400 RPE 8 w/ 400 Recovery per repeat; 2 Miles Cool Down</small>	<sup>31</sup> Active Recovery; Walk or Play for 30 Minutes			

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# FEBRUARY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 3 Miles Easy; Strength Train	2 Off/Rest	3 9 Miles Easy
4 Active Recovery; Walk or Play for 30 Minutes	5 3 Mile Run; Strength Train	6 6 Mile Speed <small>*1 Mile Warm Up; 6 x 400 RPE 8 w/ 400 Recovery; 2 Miles Cool Down</small>	7 Active Recovery; Walk or Play for 30 Minutes	8 5 Miles Easy; Strength Train	9 Off/Rest	10 12 Miles Easy
11 Active Recovery; Walk or Play for 30 Minutes	12 4 Mile Run; Strength Train	13 6 Mile Speed <small>*1 Mile Warm Up; 6 x 400 RPE 8 w/ 400 Recovery; 2 Miles Cool Down</small>	14 Active Recovery; Walk or Play for 30 Minutes	15 6 Miles Easy; Strength Train	16 Off/Rest	17 13 Miles Easy
18 Active Recovery; Walk or Play for 30 Minutes	19 5 Mile Run; Strength Train	20 7 Mile Speed <small>*2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down</small>	21 Active Recovery; Walk or Play for 30 Minutes	22 6 Miles Easy; Strength Train	23 Off/Rest	24 14 Miles Easy
25 Active Recovery; Walk or Play for 30 Minutes	26 5 Mile Run; Strength Train	27 7 Mile Speed <small>*1 Mile Warm Up; 4 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down</small>	28 Active Recovery; Walk or Play for 30 Minutes	29 6 Miles Easy; Strength Train		

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# MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Off/Rest	2 12 Miles Easy
3 Active Recovery; Walk or Play for 30 Minutes	4 6 Mile Run; Strength Train	5 8 Mile Speed <small>*1 Mile Warm Up; 5 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down</small>	6 Active Recovery; Walk or Play for 30 Minutes	7 6 Miles Easy; Strength Train	8 Off/Rest	9 16 Miles Easy
10 Active Recovery; Walk or Play for 30 Minutes	11 8 Mile Run; Strength Train	12 10 Mile Speed <small>*2 Mile Warm Up; 3 x 1 Mile RPE 8 w/ 1 Mile Recovery; 2 Miles Cool Down</small>	13 Active Recovery; Walk or Play for 30 Minutes	14 4 Miles Easy; Strength Train	15 Off/Rest	16 18 Miles Easy
17 Active Recovery; Walk or Play for 30 Minutes	18 6 Mile Run; Strength Train	19 8 Mile Speed <small>*1 Mile Warm Up; 3 x 1 Mile RPE 8 w/ 1 Mile Recovery; 1 Miles Cool Down</small>	20 Active Recovery; Walk or Play for 30 Minutes	21 6 Miles Easy; Strength Train	22 Off/Rest	23 20 Miles Easy
24 Active Recovery; Walk or Play for 30 Minutes	25 8 Mile Run; Strength Train	26 10 Mile Speed <small>*2 Mile Warm Up; 3 x 1 Mile RPE 8 w/ 1 Mile Recovery; 2 Miles Cool Down</small>	27 Active Recovery; Walk or Play for 30 Minutes	28 7 Miles Easy; Strength Train	29 Off/Rest	30 15 Miles Easy
31 Active Recovery; Walk or Play for 30 Minutes						

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APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 6 Mile Run; Strength Train	2 7.5 Mile Speed <small>*1 Mile Warm Up; 6 x 800 RPE 8 w/ 400 Recovery; 2 Miles Cool Down</small>	3 Active Recovery; Walk or Play for 30 Minutes	4 6 Miles Easy; Strength Train	5 Off/Rest	6 18 Miles Easy
7 Active Recovery; Walk or Play for 30 Minutes	8 5 Mile Run; Strength Train	9 7.5 Mile Speed <small>*1 Mile Warm Up; 6 x 800 RPE 8 w/ 400 Recovery; 2 Miles Cool Down</small>	10 Active Recovery; Walk or Play for 30 Minutes	11 6 Miles Easy; Strength Train	12 Off/Rest	13 15 Miles Easy
14 Active Recovery; Walk or Play for 30 Minutes	15 5 Mile Run; Strength Train	16 7.5 Mile Speed <small>*1 Mile Warm Up; 6 x 800 RPE 8 w/ 400 Recovery; 2 Miles Cool Down</small>	17 Active Recovery; Walk or Play for 30 Minutes	18 4 Miles Easy; Strength Train	19 Off/Rest	20 12 Miles Easy
21 Active Recovery; Walk or Play for 30 Minutes	22 3 Mile Run; Strength Train	23 4 Mile Speed <small>*1 Mile Warm Up; 4 x 400 RPE 8 w/ 400 Recovery; 1 Miles Cool Down</small>	24 Active Recovery; Walk or Play for 30 Minutes	25 3 Miles Easy; Strength Train	26 Off/Rest	27 8 Miles Easy
28 Active Recovery; Walk or Play for 30 Minutes	29 4 Mile Run; Strength Train	30 4 Mile Easy				

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# MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			<sup>1</sup> Active Recovery; Walk or Play for 30 Minutes	<sup>2</sup> Walk 3 Miles (Take time to prepare your head for race day)	<sup>3</sup> Off/Rest	<sup>4</sup>
<sup>5</sup>	<sup>6</sup>	<sup>7</sup>	<sup>8</sup>	<sup>9</sup>	<sup>10</sup>	<sup>11</sup>
<sup>12</sup>	<sup>13</sup>	<sup>14</sup>	<sup>15</sup>	<sup>16</sup>	<sup>17</sup>	<sup>18</sup>
<sup>19</sup>	<sup>20</sup>	<sup>21</sup>	<sup>22</sup>	<sup>23</sup>	<sup>24</sup>	<sup>25</sup>
<sup>26</sup>	<sup>27</sup>	<sup>28</sup>	<sup>29</sup>	<sup>30</sup>	<sup>31</sup>	