



2025 Marathon 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 and focus on feeding your body and letting it recover.



DECEMBER 2024

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



24-25 Marathon Training

JANUARY 2025

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



24-25 Marathon Training

FEBRUARY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9 Miles Easy
2 Active Recovery; Walk or Play for 30 Minutes	3 3 Mile Run Easy; strength train	4 5.5 Mile Speed *1 Mile Warm Up; 6 x 400 RPE 8 w/ 400 Mile Recovery; 2 Miles Cool Down	5 Active Recovery; Walk or Play for 30 Minutes	6 5 Mile Run Easy; strength train	7 Off/Rest	8 13 Miles Easy
9 Active Recovery; Walk or Play for 30 Minutes	10 3 Mile Run Easy; strength train	11 5.5 Mile Speed *1 Mile Warm Up; 6 x 400 RPE 8 w/ 400 Mile Recovery; 2 Miles Cool Down	12 Active Recovery; Walk or Play for 30 Minutes	13 5 Mile Run Easy; strength train	14 Off/Rest	15 14 Miles Easy
16 Active Recovery; Walk or Play for 30 Minutes	17 4 Mile Run Easy; strength train	18 7 Mile Speed *2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Mile Recovery; 2 Miles Cool Down	19 Active Recovery; Walk or Play for 30 Minutes	20 5 Mile Run Easy; strength train	21 Off/Rest	22 15 Miles Easy
23 Active Recovery; Walk or Play for 30 Minutes	24 5 Mile Run Easy; strength train	25 7 Mile Speed *1 Mile Warm Up; 4 x 800 RPE 8 w/ 800 Mile Recovery; 2 Miles Cool Down	26 Active Recovery; Walk or Play for 30 Minutes	27 5 Mile Run Easy; strength train	28 Off/Rest	



24-25 Marathon Training

MARCH

2025

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



24-25 Marathon Training

APRIL

2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10 Mile Speed <small>*2 Mile Warm Up; 3 x 1 Mile RPE 8 w/ 1 Mile Recovery; 2 Miles Cool Down</small>	2 Active Recovery; Walk or Play for 30 Minutes	3 7 Miles easy; Strength Train	4 Off/Rest	5 20 Miles Easy
6 3 Mile Run/ Shake out- Move	7 6 Mile Run Easy; strength train	8 5 Mile Speed <small>*1 Mile Warm Up; 4 x 400 RPE 8 w/ 90 Sec Walk each; 2 Miles Cool Down</small>	9 Active Recovery; Walk or Play for 30 Minutes	10 6 Miles; Strength Train	11 Off/Rest	12 16-18 Miles Easy
13 Active Recovery; Walk or Play for 30 Minutes	4 5 Mile Run Easy; strength train	15 7.5Mile Speed <small>*1 Mile Warm Up; 6 x 800 RPE 8 w/ 400 Recovery; 2 Miles Cool Down</small>	16 Active Recovery; Walk or Play for 30 Minutes	17 4 Miles Easy; Strength Train	18 Off/Rest	19 15 Miles Easy
20 Active Recovery; Walk or Play for 30 Minutes	21 3 Mile Run Easy; strength train	22 4 Mile Speed <small>*1 Mile Warm Up; 4 x 400 RPE 8 w/ 400 Recovery; 1 Mile Cool Down</small>	23 Active Recovery; Walk or Play for 30 Minutes	24 3 Miles Easy; Strength Train	25 Off/Rest	26 8 Miles Easy
27 Active Recovery; Walk or Play for 30 Minutes	28 Stretch/ Strength Train	29 4 Miles Easy <small>*Last mile hit 2-3 strides for 100-200 meters each</small>	30 Active Recovery; Walk or Play for 30 Minutes			



24-25 Marathon Training

MAY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Walk/ Run 3 Miles- Take time to prepare for race day	2 Off/Rest	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31