

Quick n'Dirty 2020 Catalina Marathon Training Plan

DATE	MON	TUE	WED	THU	FRI	SAT	SUN	TOT
	<i>HILL*</i>		<i>TEMPO**</i>		<i>EASY</i>	<i>LONG</i>		
12/30	5	Rest	4	Yoga	4	14	Rest	27
01/06	6	Rest	5	Yoga	4	15	Rest	30
01/13	6	Rest	6	Yoga	4	8	Rest	24
01/20	6	Rest	7	Yoga	4	16	Rest	33
01/27	7	Rest	7	Yoga	4	18	Rest	36
02/03	8	Rest	8	Yoga	4	20	Rest	40
02/10	8	Rest	8	Yoga	8	8	Rest	32
02/17	8	Rest	8	Yoga	6	20	Rest	42
02/24	7	Rest	7	Yoga	5	14	Rest	33
03/02	6(1/2 hills)	Rest	6(2 tempo)	Yoga(easy)	4	7	Rest	23
03/09	5 (easy)	Rest	3(easy)	2(easy)	Rest	RACE		

* **HILL** - Total mileage incl. 1 mile warm-up & cool-down & rest; run up hills at tempo effort & recover w/easy run or walking. You can also swap a HILL workout for a SPEED workout and run hard in 2-5 min. segments)

EXAMPLE 5 MILE HILL WORKOUT

1M. warm-up, (.5 M. hill + .5M recovery) x 3, 1 M. cool-down = 5 MILES TOTAL

EXAMPLE 5 MILE SPEED WORKOUT

1 M. warm-up, (.5 M. **HARD**, .25 M. **EASY**) x 4, 1 M. cool-down = 5 MILES TOTAL

** **TEMPO** - Total mileage incl. 1 mile warm-up/cool-down (run sub-race pace for remaining mileage at once **OR** break it up in no shorter than 15-20 min. segments)

TEMPO WORKOUT = 5 miles

1 M. wrm-up, (3 M. **HARD**) 1 M cool-down

BONUS TIPS:

- You can do both hills & tempo every week if you feel okay **OR** do one or the other, i.e. one week hills (or speed) & next week tempo.
- **DO NOT** run hills, tempo, or long runs on consecutive days.
- **DO** include "yoga" **OR** some sort of strength &/or core workout with stretching every week. Trails require good core strength and strong stablizing muscles!!