

A RUNNING EXPERIENCE CLUB

2026 1/2 Marathon Training Schedule

| Week # | Sat. - AREC | Sun. | Mon. | Tues. | Wed. - AREC | Thurs. | Fri. | Total |
|--------|--------------|-------------|------|-------|-------------|--------|------|-------|
| 1 | May 09: 3.5 | 0 | 3 | XT | 3 | 2 | 0 | 12 |
| 2 | May 16: 4 | 0 | 3 | XT | 4 | 2 | 0 | 13 |
| 3 | May 23: 5 | 0 | 3 | XT | 4 | 3 | 0 | 13 |
| 4 | May 30: 5K | 0 | 3 | XT | 4 | 3 | 0 | 15 |
| 5 | June 06: 6 | 0 | 4 | XT | 4 | 3 | 0 | 17 |
| 6 | June 13: 7 | 0 | 4 | XT | 4 | 3 | 0 | 18 |
| 7 | June 20: 6 | 0 | 4 | XT | 5 | 3 | 0 | 18 |
| 8 | June 27: 8 | 0 | 4 | XT | 5 | 3 | 0 | 20 |
| 9 | July 04: 6 | 0 | 5 | XT | 5 | 3 | 0 | 19 |
| 10 | July 11: 9 | 0 | 5 | XT | 5 | 3 | 0 | 23 |
| 11 | July 18: 7 | 0 | 5 | XT | 5 | 4 | 0 | 21 |
| 12 | July 25: 10 | 0 | 5 | XT | 5 | 4 | 0 | 24 |
| 13 | Aug 01: 8 | 0 | 5 | XT | 5 | 4 | 0 | 22 |
| 14 | Aug 08 10k | 0 | 6 | XT | 6 | 4 | 0 | 28 |
| 15 | Aug 15: 12 | 0 | 6 | XT | 6 | 4 | 0 | 24 |
| 16 | Aug 22: 10 | 0 | 6 | XT | 6 | 3 | 0 | 27 |
| 17 | Aug 29: 12 | 0 | 7 | XT | 6 | 3 | 0 | 30 |
| 18 | Sept 05: 12 | 0 | 7 | XT | 6 | 3 | 0 | 28 |
| 19 | Sept 12: 10 | 0 | 5 | XT | 6 | 3 | 0 | 28 |
| 20 | Sept 19: 12 | 0 | 3 | XT | 3 | 2 | 2 | 18 |
| 21 | Sept 26: 5 | 0 | 3 | XT | 3 | 2 | 2 | 15 |
| | Oct 11: 13.1 | ½ Marathon! | | | | | | |

Note: Daily numbers are listed in miles. Total = total weekly mileage. All run distances include a 1 mi warm up and 1 mi cool down at jog pace.

Daily runs should be performed at 75-80% effort (not too hard, not too easy – able to carry on a conversation)