East Nasty 2023 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 7	NRC	8 am	Fun Run!	Fun Run!	8 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
2	Jan 14	Shelby Park	8 am	45 min	9	7:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
3	Jan 21	Capitol View	8 am	5 miles	11	7:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
4	Jan 28	Capitol View	8 am	6 miles	13	7:30 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
5	Feb 4	Shelby Park	8 am	5K TT	10	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
6	Feb 11	Capitol View	8 am	7	14	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
7	Feb 18	Capitol View	8 am	8	16	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
8	Feb 25	No organized run		Race!	Race!		Active Recovery	Speed Session	Xtrain	East Nasty +	3M easy	Rest
9	Mar 4	NRC	8 am	9	17	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty +1	3M easy	Rest
10	Mar 11	Percy Warner	8 am	10	16	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty +1	3M easy	Rest
11	Mar 18	Shelby Park	8 am	10K GP+1	18	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
12	Mar 25	Percy Warner	8 am	11	15	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty +1	3M easy	Rest
13	Apr 1	Capitol View	8 am	13	20	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty +1	3M easy	Rest
14	Apr 8	Capitol View	8 am	8	13	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
15	Apr 15	NRC	8 am	60 min easy	9	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
16	Apr 22	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 over 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 Capitol Steps Workouts, yoga, swim, Crossfit, etc.).

Marathon Runners:

- Can already run 8+ miles.
- Will complete 1 run over 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 22nd, but the plan should be easy to modify for earlier or later dates.
- Monday Runs: Monday 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.
- 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.
- Get good shoes and run on soft surfaces as much as possible.