



RUN PRS 3 MARATHONS IN 90 DAYS PLAN

Mon	Tues	Wed	Thu	Fri	Sat	Sun
REST Foam roll, epsom salt bath & stretch	5 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	REST Foam roll, epsom salt bath & stretch	1-2 MI EASY SUPER EASY IN THE MORNING TO SHAKE THE LEGS OUT BEFORE THE BIG RACE	MARATHON START SLOW & HAVE FUN 33% OF THE WAY TO MARATHON MANIAC
REST Foam roll, epsom salt bath & stretch	REST Foam roll, epsom salt bath & stretch	REST Foam roll, epsom salt bath & stretch	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	REST Foam roll, epsom salt bath & stretch	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	3 MI EASY Recovery run very slow Foam roll & stretch after
REST Foam roll, epsom salt bath & stretch	3 MI EASY Recovery run very slow Foam roll & stretch after	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	4 MI EASY Recovery run very slow Foam roll & stretch after	REST Foam roll, epsom salt bath & stretch	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE
REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	5 MI FARTLEK 1 MI EASY WARM UP 6 X 1.5 MIN AT 10K EFFORT WITH 2 MIN EASY JOG COOL DOWN TO 5 TOTAL	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	10-13 MI NICE AND EASY TODAY START SLOWER FINISH FASTER
REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	6 MI TEMPO 1 MI EASY WARM UP 4 MI PROGRESSION FROM MARATHON PACE DOWN TO HALF MARATHON PACE 1 MI EASY COOL DOWN	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	8 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE
REST Foam roll, epsom salt bath & stretch	6 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	REST Foam roll, epsom salt bath & stretch	1-2 MI EASY SUPER EASY IN THE MORNING TO SHAKE THE LEGS OUT BEFORE THE BIG RACE	MARATHON START SLOW & HAVE FUN 67% OF THE WAY TO MARATHON MANIAC
REST Foam roll, epsom salt bath & stretch	REST Foam roll, epsom salt bath & stretch	REST Foam roll, epsom salt bath & stretch	REST Foam roll, epsom salt bath & stretch	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	REST Foam roll, epsom salt bath & stretch	4 MI EASY Recovery run very slow Foam roll & stretch after
REST Foam roll, epsom salt bath & stretch	4 MI EASY Recovery run very slow Foam roll & stretch after	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	REST Foam roll, epsom salt bath & stretch	4 MI EASY Recovery run very slow Foam roll & stretch after	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE
REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	6 MI UP-TEMPO PROGRESSION START AN EASY PACE & PICK UP THE PACE EVERY MILE FOR 5 MILES ENDING AROUND 10K EFFORT COOL DOWN 1 MILE	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	9 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	7 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	11-13 MI START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	7 MI FARTLEK 1 MI EASY WARM UP 10 X 1 MIN AT 10K EFFORT WITH 2 MIN EASY JOG COOL DOWN TO 7 TOTAL	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	13-15 MI START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	7 MI TEMPO 2 MI EASY WARM UP 2 X 1.5 MI @ HALF MARATHON PACE COOL DOWN TO 7 TOTAL	REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE *ONLY IF YOU FEEL GOOD	8 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE
REST Foam roll, epsom salt bath & stretch	5 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	REST Foam roll, epsom salt bath & stretch	1-2 MI EASY SUPER EASY IN THE MORNING TO SHAKE THE LEGS OUT BEFORE THE BIG RACE	