



## Hurt the Dirt Run Plan - Marathon

	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023	Saturday, February 11, 2023	Sunday, February 12, 2023
1	Rest Day	Speed	Cross Train / Strength	Tempo	Rest Day	Aerobic Endurance	Active Recovery
		4 Miles		5 Miles		8 Miles	0:30:00
2	Rest Day	Hills	Cross Train	Tempo	Rest Day	Aerobic Endurance	Recovery Run
		4 Miles	1:00:00	5 Miles		10 Miles	1-2 Miles
						<i>Soft surface or trail</i>	
3	Rest Day	Speed	Cross Train	Tempo	Rest Day	Aerobic Endurance	Recovery Run
		5 Miles	1:00:00	5 Miles		12 Miles	1-2 Miles
						<i>Soft surface or trail</i>	
4 Recover	Rest Day	Easy - Fast Finish	Cross Train	Easy Run	Rest Day	Aerobic Endurance	Active Recovery
		4 Miles	1:00:00	5 Miles		8 Miles	45:00
				<i>Soft surface</i>		<i>Soft surface or trail</i>	
5	Rest Day	Speed	Cross Train / Strength	Tempo	Rest Day	Aerobic Endurance	Active Recovery
		5 Miles		5 Miles		12 Miles	0:30:00
6	Rest Day	Hills	Cross Train	Tempo	Rest Day	Aerobic Endurance	Recovery Run
		6 Miles	1:00:00	6 Miles		14 Miles	1-2 Miles
						<i>Soft surface or trail</i>	
7	Rest Day	Speed	Cross Train	Tempo	Rest Day	Aerobic Endurance	Recovery Run
		6 Miles	1:00:00	7 Miles		16 Miles	2 Miles
						<i>Soft surface or trail</i>	
8	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023	Saturday, March 25, 2023	Sunday, March 26, 2023

Recover	Rest Day	Easy - Fast Finish	Cross Train	Easy Run	Rest Day	Aerobic Endurance	Active Recovery
		5 Miles	1:00:00	6 Miles		10 Miles	45:00
				<i>Soft surface</i>		<i>Soft surface or trail</i>	
9	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023	Saturday, April 1, 2023	Sunday, April 2, 2023
	Rest Day	Hills	Cross Train	Tempo	Rest Day	Aerobic Endurance	Recovery Run
		6 Miles	1:00:00	7 Miles		18 Miles	2 Miles
						<i>Soft surface or trail</i>	
10	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023	Saturday, April 8, 2023	Sunday, April 9, 2023
	Rest Day	Speed	Cross Train	Tempo	Rest Day	Endurance Pace	Recovery Run
		7 Miles	1:00:00	8 Miles		20 Miles (or 3.5 hrs)	2 Miles
						<i>Race Simulation!</i>	
11	Sunday, April 10, 2022	Monday, April 11, 2022	Tuesday, April 12, 2022	Wednesday, April 13, 2022	Thursday, April 14, 2022	Friday, April 15, 2022	Saturday, April 16, 2022
Taper	Rest Day	Hilly Route	Cross Train	Long intervals	Rest Day	Endurance Pace	Active Recovery
		6 Miles	1:00:00	5 Miles		12 Miles	45:00
				<i>Cruise Intervals, flat</i>		<i>Soft surface or trail</i>	
12	Monday, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023	Saturday, April 22, 2023	
Taper	Rest Day	Easy - Fast Finish	Active Recovery	Easy Run	Rest Day	RACE DAY!	
		4 Miles	30:00	3 Miles		26.2	
		<i>last 2 mins hard!</i>				<i>Execute your training!</i>	

This training plan is designed for educational purposes and not for an individual. Consult with a health care professional before starting an exercise program.