

# 2024 Eau Claire Marathon G-EAU Big(ger) - MARATHON

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  February 5	Dynamic Warmup E: 4-6 mi Strength Circuit 1  6	Dynamic Warmup E: 4-6mi + 3x20/40s strides  7	Rest or Cross Train 20-30min max  8	Core Circuit Dynamic Warmup E: 4-6mi  9	Dynamic Warmup E: 3-6mi + 3x20/40s strides  10	Dynamic Warmup LR: 8-10mi  11	1 23-34 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  12	Dynamic Warmup E: 4-6mi + 3x20/40s strides Strength Circuit 1  13	Dynamic Warmup E: 4-6mi  14	Dynamic Warmup Fartleks: 2mi warmup, 6x35sec fast, recover as needed. 5-6mi total Core Circuit  15	Rest or Cross Train 20-30min max  16	Dynamic Warmup E: 3-6mi + 3x20/40s strides  17	Dynamic Warmup Long Run: 10-12mi  18	2 26-36 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  19	Dynamic Warmup E: 4-6mi + 4x20/40s hill strides Strength Circuit 1  20	Dynamic Warmup E: 4-6mi  21	Dynamic Warmup Fartleks: 2mi warmup, 6x45sec fast, recover as needed. 5-6miles total Core Circuit  22	Rest or Cross Train 20-30min max  23	Dynamic Warmup E: 3-6mi + 3x20/40s strides  24	Dynamic Warmup Long Run: 12-14mi  25	3 28-38 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  26	Dynamic Warmup E: 4-6mi + 4x20/40s hill strides Strength Circuit 2  27	Dynamic Warmup Negative Split: 4-6mi 2mi easy, then progress the run as feels right to you  28	Dynamic Warmup R: 3-6mi Core Circuit  29	Rest or Cross Train 20-30min max  March 1	Dynamic Warmup E: 5-6mi + 3x20/40s strides (PM Run)  2	Dynamic Warmup Long Run: 10-12mi (AM Run)  3	4 26-36 Cutback
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  4	Dynamic Warmup E: 5-7mi + 4x20/40s strides Strength Circuit 2  5	Dynamic Warmup Tempo: 2mi warmup 3x5min @HMP/HME Cooldown to 5-7mi total  6	Dynamic Warmup R: 3-5mi Core Circuit  7	Rest or Cross Train 20-30min max  8	Dynamic Warmup E: 3-6mi + 4x20/40s strides  9	PT Warmup Long Run: 15-17mi  10	5 31-42 Build

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Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  11	Dynamic Warmup R: 5-7mi Strength Circuit 2  12	Dynamic Warmup Hill Repeats: 2mi WU 4x45s hard uphill, slow downhill to recover. Cooldown to 6-8mi  13	Dynamic Warmup R: 3-6mi Core Circuit  14	Rest or Cross Train 20-30min max  15	Dynamic Warmup E: 4-6mi + 4x20/40s strides  16	Dynamic Warmup Long Run: 16-18mi, last 10min strong finish  17	6 34-45 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  18	Dynamic Warmup E: 5-7mi + 4x20/40s hill strides Strength 1, w/weights  19	Dynamic Warmup Negative Split: 6-8mi 2mi easy, then progress the run as feels right to you  20	Dynamic Warmup R: 3-5mi Core Circuit  21	Rest or Cross Train 20-30min max  22	Dynamic Warmup E: 5-7mi + 4x20/40s strides (PM Run)  23	Dynamic Warmup LR: 11-13mi (AM Run)  24	7 30-40 Cutback
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  25	Dynamic Warmup E: 5-7mi + 4x20/40s strides Strength 1, w/weights  26	Dynamic Warmup Tempo: 2mi warmup 4x5min @HMP/HME Cooldown to 6-8mi  27	Dynamic Warmup R: 3-5mi Strength Circuit 2  28	Rest or Cross Train 20-30min max  29	Core Circuit Dynamic Warmup E: 5-7mi + 3x20/40s strides  30	Dynamic Warmup LR: 17-20mi  31	8 36-47 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  April 1	Dynamic Warmup E: 5-7mi + 4x20/40s strides Strength 1, w/weights  2	Dynamic Warmup Hill Repeats: 2mi WU 4x45s hard uphill, slow downhill to recover. Cooldown to 7-9mi total  3	Rest or Cross Train 20-30min max  4	Dynamic Warmup E: 4-6mi Strength Circuit 2  5	Core Circuit Dynamic Warmup E: 5-7mi + 3x20/40s strides  6	Dynamic Warmup LR: 18-21mi, last 10min strong finish  7	9 39-50 Build
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  8	Dynamic Warmup E: 4-5mi + 4x20/40s strides Strength 1, w/weights  9	Dynamic Warmup Tempo: 2mi WU 2x10min @HMP/HME Cooldown to 4-6mi total  10	Dynamic Warmup R: 3-5mi Strength Circuit 2  11	Rest or Cross Train 20-30min max  12	Core Circuit Dynamic Warmup E: 4-6mi + 4x20/40s hill strides (PM Run)  13	Dynamic Warmup LR: 11-14mi (AM Run)  14	10 26-36 Taper

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  15	Dynamic Warmup E: 3-5mi + 4x20/40s strides Strength 1, w/weights  16	Dynamic Warmup Fartlek Ladder: 2mi WU 30s/30sR, 60s/60sR, 90s/90sR, 60/60, 30/30 Cooldown to 5mi total  17	Dynamic Warmup R: 3-5mi Core Circuit  18	Rest or Cross Train 20-30min max  19	Dynamic Warmup E: 3mi + 3x20/40s strides (PM Run)  20	Dynamic Warmup LR: 6-8mi, last 10min strong finish (AM Run)  21	11 20-26 Taper
Rest Day Hydrate, Mobility Stretch/Foam Roll Prep for the week  22	Dynamic Warmup E: 3-5mi Strength 1, no weights  23	Dynamic Warmup E: 3-4mi + 4x20/40s strides  24	Rest Hydrate, Mobility Stretch/Foam Roll Prep/Pack for the weekend  25	Core Circuit Dynamic Warmup E: 2-3mi with 2-3 strides  26	<b>ECM 10k &amp; 5k</b> Dynamic Warmup .5-1mi warmup w/ 2-3 strides <b>10k, 5k, or Both!!!</b>  27	<b>EC Marathon</b> Dynamic Warmup <b>26.2 miles!!!</b>  28	12 9-12 Taper

### Strength Circuit 1

Body weight or low-moderate weight dumbbells

2-3 Sets of:

- 10-15 Squats
- 10-15 Walking Lunges
- 10-15 Pushups
- 30-60sec Plank

### Core Circuit

Body weight

2-3 Sets of:

- 10-15 Mountain Climbers
- 10-15 Plank Shoulder Taps
- 10-16 Bicycles
- 10-15 Bridges
- 30-60sec Side Plank (each side)

### Strength Circuit 2

Body weight or low-moderate weight dumbbells

2-3 Sets of:

- 16-20 Side Lunges (8-10 each leg)
- 16-20 Single Leg step ups (8-10 each leg)
- 10-16 Single Leg Dumbbell curl to press (5-8 standing on 1 leg, 5-8 standing on the other leg)
- 10-15 Dead Bugs

### Dynamic Warmup

5-10min before your run

2-3 Sets of:

- Knee to Chest, 5-8 each leg
- Reach & Drive, 5-8 each leg
- Side steps with a band, 8-10 left and 8-10 right
- Donkey Kicks, 5-8 each leg

\*By participating in this program, you are assuming all risks inherent to participation in running and conditioning programs, and release Maria Long, Eau Claire Marathon, and any affiliates from liability for any and all claims.