

East Nasty 2024 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 13	Shelby Park	8:00 am	45 min	9 miles	8:00 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
2	Jan 20	CANCELED		5 miles	11		Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
3	Jan 27	Capitol View	8:00 am	60 minutes	12	7:00 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
4	Feb 3	Shelby Park	8:00 am	5K TT	10	7:00 am	Active Recovery	3 Miles or Xtrain	Xtrain	East Nasty	3M easy	Rest
5	Feb 10	Capitol View	8:00 am	7	14	7:00 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
6	Feb 17	NRC	8:00 am	8	16	7:00 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
7	Feb 24	Shelby Park	8:00 am	9	17	7:00 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
8	Mar 2	No organized run		Race!	Race!		Active Recovery	Speed Session	Xtrain	East Nasty +	3M easy	Rest
9	Mar 9	Capitol View	8:00 am	10	18	7:00 am	Active Recovery	Speed Session	Xtrain	East Nasty +1	3M easy	Rest
10	Mar 16	Capitol View	8:00 am	11	15	7:00 am	Active Recovery	Speed Session	Xtrain	East Nasty +1	3M easy	Rest
11	Mar 23	NRC	8:00 am	1+10K GP+1	19	7:00 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
12	Mar 30	Capitol View	8:00 am	11	16	7:00 am	Active Recovery	Speed Session	Xtrain	East Nasty +1	3M easy	Rest
13	Apr 6	Capitol View	8:00 am	13	20	7:00 am	Active Recovery	Speed Session	Xtrain	East Nasty +1	3M easy	Rest
14	Apr 13	Capitol View	8:00 am	8	13	7:00 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
15	Apr 20	NRC	8:00 am	60 min Easy	9	7:30 am	Active Recovery	Speed Session	Xtrain	East Nasty	3M easy	Rest
16	Apr 27	Race!					Celebrate	Rest	Eat	East Nasty	Recover	Eat