

2023 Deadwood Mickelson Trail Marathon

Runner's Training

GOALS

- Promote a healthy lifestyle.
- Enhance your knowledge about running and fitness
- Successful completion of the Deadwood-Mickelson Trail Marathon/Half-Marathon
- HAVE FUN

CONTACTS

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WEB SITE

Deadwood-Mickelson Trail Marathon

<http://www.deadwoodmickelsontrailmarathon.com>

Facebook Training Group: <https://www.facebook.com/groups/DeadwoodMickelsonTrailMarathon>

CHOOSE YOUR LEVEL

F1: Marathon Training for Beginning Runners

This program assumes you have been running 6 - 20 miles per week. Your goal: to finish a marathon

H1: Half Marathon Training for Beginning Runners

This program assumes you have been running 3-10 miles per week. Your goal: to finish a half marathon

H2: Half Marathon Training for Intermediate Runners

this program assumes you have been running 10-15 miles per week for several years, and that you have completed at least one previous half marathon. Your goal: to finish in a specific time

TRAINING CALENDAR KEY

- **REST:** Rest day. Do no running or other strenuous physical activity.
- **EZ:** An easy or recovery run done at a comfortable pace.
- **XT:** Cross training that can include any one of a number of low-impact sports (i.e. bicycling, swimming, hiking, exercise machines, weight training) that burn calories and provide cardiovascular benefits while giving you a physical and mental break from running.
- **T:** Tempo runs of 15-25 minutes at a pace that's 10-20 seconds slower per mile than your 10-K race pace. Warm-up and cool-down distances are included in daily mileage.
- **RE:** Repeats of 400 meters to 1600 meters at your 5-K race pace. You should run your repeats on a 400-meter track, a grassy field, a smooth path, or a traffic-free stretch of road. Between repeats, jog half the distance covered during the repeat. Repeat day distances include warm-up, cool-down, and recovery mileage.
- **LS:** Long and slow run, slightly slower than your race pace.
- **RACE:** Occasional racing improves your fitness and accustoms you to the stresses of racing.

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat

12	13 Rest/XT	14 F1 3 EZ H1 2 EZ H2 2 EZ	15 Rest/XT	16 F1 5 T H1 2 EZ H2 5 T	17 Rest/XT	18 Rest/XT
19 F1 8 EZ H1 2 EZ H2 6 EZ	20 Rest/XT	21 F1 3 EZ H1 2 EZ H2 2 EZ	22 Rest/XT	23 F1 5 RE H1 2 EZ H2 5 RE	24 Rest/XT	25 Rest/XT

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 F1 9 EZ H1 3EZ H2 6 EZ	27 Rest/XT	28 F1 3 EZ H1 2 EZ H2 2 EZ	1 Rest/XT	2 F1 5 T H1 3 EZ H2 5 T	3 Rest/XT	4 Rest/XT
5 F1 10EZ H1 4 EZ H2 7 EZ	6 Rest/XT	7 F1 5 EZ H1 2 EZ H2 4 EZ	8 Rest/XT	9 F1 5 EZ H1 3 EZ H2 4 EZ	10 Rest/XT	11 Rest/XT
12 F1 5EZ H1 5 EZ H2 4 EZ	13 Rest/XT	14 F1 2 EZ H1 2 EZ H2 2 EZ	15 Rest/XT	16 F1 6 T H1 5 T H2 6 T	17 F1Rest/ XT H1 Rest/XT H2 2 EZ	18 Rest/XT
19 F1 12EZ H1 6 EZ H2 7 EZ	20 Rest/XT	21 F1 2 EZ H1 2 EZ H2 2 EZ	22 Rest/XT	23 F1 7 RE H1 5 RE H2 7 RE	24 F1Rest/ XT H1 Rest/XT H2 2 EZ	25 Rest/XT
26 F1 14 EZ H1 6 EZ H2 8 EZ	27 Rest/XT	28 F1 2 EZ H1 2 EZ H2 3 EZ	29 Rest/XT	30 F1 6 T H1 5 T H2 6 T		

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					31 F1Rest/ XT H1 Rest/XT H2 2 EZ	1 Rest/XT
2 F1 16EZ H1 7 EZ H2 8 EZ	3 Rest/XT	4 F1 6 EZ H1 3 EZ H2 5 EZ	5 Rest/XT	6 F1 5 EZ H1 3 EZ H2 5 EZ	7 F1Rest/ XT H1 Rest/XT H2 2 EZ	8 Rest/XT
9 F1 6 EZ H1 4 EZ H2 5 EZ	10 Rest/XT	11 F1 2 EZ H1 2 EZ H2 2 EZ	12 Rest/XT	13 F1 7 T H1 6 T H2 7 T	14 Rest/XT	15 Rest/XT
16 F1 18 EZ H1 7 EZ H2 9 EZ	17 Rest/XT	18 F1 2 EZ H1 2 EZ H2 3 EZ	19 Rest/XT	20 F1 8 RE H1 7 RE H2 8 RE	21 F1Rest/ XT H1 Rest/XT H2 2 EZ	22 Rest/XT

23 F1 20 LS H1 8 LS H2 9 LS	24 Rest/XT	25 F1 2 EZ H1 2 EZ H2 3 EZ	26 Rest/XT	27 F1 7 T H1 6 T H2 7 T	28 F1 Rest/XT H1- 2EZ H2 2 EZ	29 Rest/XT
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May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 F1 16 LS H1 8 EZ H2 10 LS	1 Rest/XT	2 F1 6 EZ H1 4 EZ H2 5 EZ	3 Rest/XT	4 F1 6 EZ H1 4 EZ H2 4 EZ	5 F1 Rest/ XT H1 Rest/XT H2 3 EZ	6 Rest/XT
7 F1 7LS H1 4 LS H2 5 LS	8 Rest/XT	9 F1 2 EZ H1 2 EZ H2 4 EZ	10 Rest/XT	11 F1 5 T H1 7 T H2 8 T	12 F1 Rest/XT H1- 2EZ H2 4 EZ	13 Rest/XT
14 F1 22EZ H1 9 EZ H2 10 EZ	15 Rest/XT	16 F1 2 EZ H1 2 EZ H2 2 EZ	17 Rest/XT	18 F1 8 RE H1 8 RE H2 10 RE	19 F1 Rest/XT H1- 2EZ H2 3 EZ	20 Rest/XT
21 F1 12 EZ H1 9 EZ H2 11 EZ	22 Rest/XT	23 F1 2 EZ H1 2 EZ H2 3 EZ	24 F1 Rest/ XT H1 Rest/XT H2 2 EZ	25 F1 5 T H1 7 T H2 8 T	26 F1 Rest/XT H1- 2EZ H2 2 EZ	27 Rest/XT

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 F1 8 EZ H1 10 EZ H2 11 EZ	29 Rest/XT	30 F1 2 EZ H1 2 EZ H2 2 EZ	31 F1 Rest/ XT H1 Rest/XT H2 3 EZ	1 F1 5 T H1 5 T H2 5 T	2 F1 2 EZ Rest/XT H2 3EZ	3 FAST 5K Rest/XT
4 Race Day Good Luck!						

