

# 2026 Deadwood Mickelson Trail Marathon

## Runner's Training

### 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 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 2026 |               |                                     |          |                                     |               |                                     |
|---------------|---------------|-------------------------------------|----------|-------------------------------------|---------------|-------------------------------------|
| Sun           | Mon           | Tue                                 | Wed      | Thu                                 | Fri           | Sat                                 |
| 15            | 16<br>Rest/XT | 17<br>F1 3 EZ<br>H1 2 EZ<br>H2 2 EZ | 18<br>XT | 19<br>F1 5 T<br>H1 2 EZ<br>H2 5 T   | 20<br>Rest/XT | 21<br>F1 8 EZ<br>H1 2 EZ<br>H2 6 EZ |
| 22<br>Rest/XT | 23<br>Rest/XT | 24<br>F1 3 EZ<br>H1 2 EZ<br>H2 2 EZ | 25<br>XT | 26<br>1 5 RE<br>H1 2 EZ<br>H2 5 RE  | 27<br>Rest/XT | 28<br>F1 9 EZ<br>H1 3EZ<br>H2 6 EZ  |
| March 2026    |               |                                     |          |                                     |               |                                     |
| Sun           | Mon           | Tue                                 | Wed      | Thu                                 | Fri           | Sat                                 |
| 1<br>Rest/XT  | 2<br>Rest/XT  | 3<br>F1 3 EZ<br>H1 2 EZ<br>H2 2 EZ  | 4<br>XT  | 5<br>F1 5 T<br>H1 3 EZ<br>H2 5 T    | 6<br>Rest/XT  | 7<br>F1 10EZ<br>H1 4 EZ<br>H2 7 EZ  |
| 8<br>Rest/XT  | 9<br>Rest/XT  | 10<br>F1 5 EZ<br>H1 2 EZ<br>H2 4 EZ | 11<br>XT | 12<br>F1 5 EZ<br>H1 3 EZ<br>H2 4 EZ | 13<br>Rest/XT | 14<br>F1 5EZ<br>H1 5 EZ<br>H2 4 EZ  |

|               |               |                                     |          |                                     |   |                                      |
|---------------|---------------|-------------------------------------|----------|-------------------------------------|---|--------------------------------------|
| 15<br>Rest/XT | 16<br>Rest/XT | 17<br>F1 2 EZ<br>H1 2 EZ<br>H2 2 EZ | 18<br>XT | 19<br>F1 6 T<br>H1 5 T<br>H2 6 T    | 20<br>F1Rest/ XT<br>H1 Rest/XT<br>H2 2 EZ | 21<br>F1 12EZ<br>H1 6 EZ<br>H2 7 EZ  |
| 22<br>Rest/XT | 23<br>Rest/XT | 24<br>F1 2 EZ<br>H1 2 EZ<br>H2 2 EZ | 25<br>XT | 26<br>F1 7 RE<br>H1 5 RE<br>H2 7 RE | 27<br>F1Rest/ XT<br>H1 Rest/XT<br>H2 2 EZ | 28<br>F1 14 EZ<br>H1 6 EZ<br>H2 8 EZ |
| 29<br>Rest/XT | 30<br>Rest/XT | 31<br>F1 2 EZ<br>H1 2 EZ<br>H2 3 EZ | 1<br>XT  | 2<br>F1 6 T<br>H1 5 T<br>H2 6 T     | 3<br>F1Rest/ XT<br>H1 Rest/XT<br>H2 2 EZ  | 4<br>F1 16EZ<br>H1 7 EZ<br>H2 8 EZ   |

## April 2026

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

## May 2026

| Sun                  | Mon           | Tue                                 | Wed      | Thu                                  | Fri                                      | Sat                                   |
|----------------------|---------------|-------------------------------------|----------|--------------------------------------|--|---------------------------------------|
| 3<br>Rest/XT         | 4<br>Rest/XT  | 5<br>F1 6 EZ<br>H1 4 EZ<br>H2 5 EZ  | 6<br>XT  | 7<br>F1 6 EZ<br>H1 4 EZ<br>H2 4 EZ   | 8<br>F1Rest/ XT<br>H1 Rest/XT<br>H2 3 EZ | 9<br>F1 7LS<br>H1 4 LS<br>H2 5 LS     |
| <b>10</b><br>Rest/XT | 11<br>Rest/XT | 12<br>F1 2 EZ<br>H1 2 EZ<br>H2 4 EZ | 13<br>XT | 14<br>F1 5 T<br>H1 7 T<br>H2 8 T     | 15<br>F1 Rest/XT<br>H1- 2EZ<br>H2 4 EZ   | 16<br>F1 22EZ<br>H1 9 EZ<br>H2 10 EZ  |
| 17<br>Rest/XT        | 18<br>Rest/XT | 19<br>F1 2 EZ<br>H1 2 EZ<br>H2 2 EZ | 20<br>XT | 21<br>F1 8 RE<br>H1 8 RE<br>H2 10 RE | 22<br>F1 Rest/XT<br>H1- 2EZ<br>H2 3 EZ   | 23<br>F1 12 EZ<br>H1 9 EZ<br>H2 11 EZ |

|               |               |                                     |                                 |                                  |  |                                       |
|---------------|---------------|-------------------------------------|---------------------------------|----------------------------------|--|---------------------------------------|
| 24<br>Rest/XT | 25<br>Rest/XT | 26<br>F1 2 EZ<br>H1 2 EZ<br>H2 3 EZ | 27<br>F1 XT<br>H1 XT<br>H2 2 EZ | 28<br>F1 5 T<br>H1 7 T<br>H2 8 T | 29<br>F1 Rest/XT<br>H1- 2EZ<br>H2 2 EZ | 30<br>F1 8 EZ<br>H1 10 EZ<br>H2 11 EZ |
|---------------|---------------|-------------------------------------|---------------------------------|----------------------------------|--|---------------------------------------|

## June 2026

| Sun                                 | Mon          | Tue                                | Wed                           | Thu                             | Fri                               | Sat                     |
|-------------------------------------|--------------|------------------------------------|-------------------------------|---------------------------------|-----------------------------------|-------------------------|
| 31<br>Rest/XT                       | 1<br>Rest/XT | 2<br>F1 2 EZ<br>H1 2 EZ<br>H2 2 EZ | 3<br>F1XT<br>H1 XT<br>H2 3 EZ | 4<br>F1 5 T<br>H1 5 T<br>H2 5 T | 5<br>F1 2 EZ<br>Rest/XT<br>H2 3EZ | 6<br>FAST 5K<br>Rest/XT |
| 7<br><b>Race Day<br/>Good Luck!</b> |              |                                    |                               |                                 |                                   |                         |

