

2026 Indy Runners and Walkers Fall Training Program



MARATHON PLAN

	Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
Base Building	1	7/13	Rest	4 mi @ CP	3 mi easy	4 mi @CP	Rest	8 mi @CP	3 mi easy	22
	2	7/20	Rest	4 mi @ CP	5 mi easy	4 mi @CP	Rest	10 mi @CP	3 mi easy	26
	3	7/27	Rest	5 mi @ CP	5 mi easy	4 mi @CP	Rest	11 mi @CP	3 mi easy	28
	4 Cutback Week	8/3	Rest	4 mi @ CP	4 mi easy	4 mi @CP	Rest	8 mi @CP	Rest	20
Strength & Speed	5	8/10	Rest	6 mi @ CP	5 mi easy	5 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy	Rest	13 mi @CP	3 mi easy	32
	6	8/17	Rest	1 mi WU@CP 4 mi @CP w/ 6 Hill Repeats 1 mi CD@CP 6 mi total	5 mi easy	6 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy	Rest	15 mi @CP	3 mi easy	35
	7	8/24	Rest	Rocky Ripple 1k Repeats: 1 mi WU@CP 5x1000m @10k pace with 400m easy 1 mi CD@CP 6.25 mi total	5 mi easy	6 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy	Rest	17 mi @CP	4 mi easy	38
	8 Cutback Week	8/31	Rest	4 mi @ CP	5 mi easy	4 mi @CP	Rest	12 mi @CP	3 mi easy	28
Peak Endurance and Race	9	9/7	Charity XC 3.1 mi or 3 mi on your own	1 mi WU@CP 5 mi @CP w/ 8 Hill Repeats 1 mi CD@CP 7 mi total	5 mi easy	6 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy	Rest	3 mi WU@CP 3 x 3 mi @MP 1 mi @CP between 4 mi CD@CP 18 mi total	4 mi easy	43
	10	9/14	Rest	1 mi WU@CP 5 mi @CP w/ 6 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 7 mi total	6 mi easy	6 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy	Rest	14 mi @CP	5 mi easy	38
	11	9/21	Rest	1 mi WU@CP 5 mi @CP w/ 8 Hill Repeats 1 mi CD@CP 7 mi total	6 mi easy	6 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy	Rest	4 mi WU@CP 3 x 4 mi @MP 1 mi @CP between 2 mi CD@CP 20 mi total	6 mi easy	45

	Week	Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
	12	9/28	Rest	1 mi WU@CP 5 mi @CP w/ 6 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 7 mi total	6 mi easy	6 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy	Rest	Indy Half at Ft Ben 13.1 plus 3 miles 16.1 total	5 mi easy	40
	13 Cutback Week	10/5	Rest	6 mi @ CP	4 mi easy	6 mi @CP	Rest	12 mi @CP	4 mi easy	32
Peak II	14	10/12	Rest	2 mi WU@CP 4 mi @MP 2 mi CD@CP 8 mi total	6 mi easy	6 mi @CP w/ 4 strides of 20 sec faster and 90 sec easy	Rest	2 mi WU@CP 3 x 3 mi @MP 1 mi @CP between 3 mi CD@CP 16 mi total	6 mi easy	42
	15	10/19	Rest	2 mi WU@CP 4 mi @MP 2 mi CD@CP 8 mi total	6 mi easy	8 mi @CP	Rest	Run the Monon 20 mi @ CP	6 mi easy	48
Taper	16	10/26	Rest	1 mi WU@CP 4 mi @CP w/ 4 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 6 mi total	4 mi easy	5 mi @CP	Rest	2 mi WU@CP 6 mi @ MP 2 mi CD@CP 10 mi total	4 mi easy	29
	17	11/2	Rest	1 mi WU@CP 2 mi @CP w/ 4 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 4 mi total	Rest	1 mi WU@CP 1 mi @CP w/ 2 strides of 30 sec faster and 90 sec easy 1 mi CD@CP 3 mi total	Rest	Monumental Marathon 26.2 miles		33.2

Terms CP= Conversational Pace <https://indyrunners.org/>
HMP = Half Marathon Pace
MP = Marathon Pace
Strides = <https://youtu.be/ghqbV-VexCM>
Easy = Slow run for active recovery. Anywhere from 50-80% of CP
WU= Warmup
CD = Cool down
Strength Training: Develop and follow your program, several times per week. This might include squats, lunges, glute bridges, curls, clam shells, deadlifts, etc.
Cross = Cross training (Biking, fitness class, etc.)