

DisMornings 18-Week Marathon runDisney Training Plan

Welcome to the DisMornings 18-week training plan for your journey to achieving your Dopey Challenge! Whether you're looking to beat your personal record or complete your Dopey Challenge marathon, this plan is designed to prepare you for a fantastic runDisney experience.

Training Overview

- **Duration:** 18 weeks (starts with the assumption that you have a marathon running base)
- **Goal:** Complete your Dopey Challenge with confidence
- **Training Days per Week:** 5-6 days
- **Focus:** A mix of easy runs, long runs, cross-training, and rest to gradually increase mileage while preventing injuries
- **Equipment Needed:** Comfortable running shoes and access to a safe running route or treadmill

Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 miles	5 miles at race pace	3 miles	Rest	3 miles	13 miles
2	Rest	3 miles	5 miles	3 miles	Rest	7 miles	Cross Training
3	Rest	3 miles	5 miles at race pace	3 miles	Rest	4 miles	14 miles

4	Rest	3 miles	6 miles at race pace	3 miles	Rest	8 miles	Cross Training
5	Rest	3 miles	6 miles	3 miles	Rest	5 miles	15 miles
6	Rest	3 miles	6 miles at race pace	3 miles	Rest	9 miles	Cross Training
7	Rest	4 miles	7 miles at race pace	4 miles	Rest	6 miles	16 miles
8	Rest	4 miles	7 miles	4 miles	Rest	10 miles	Cross Training
9	Rest	4 miles	7 miles at race pace	Rest	2 miles	7 miles	17 miles
10	Rest	4 miles	8 miles at race pace	4 miles	Rest	11 miles	Cross Training
11	Rest	5 miles	8 miles	Rest	3 miles	8 miles	18 miles
12	Rest	5 miles	8 miles at race pace	5 miles	Rest	12 miles	Cross Training
13	Rest	5 miles	5 miles at race pace	Rest	4 miles	9 miles	19 miles

14	Rest	5 miles	8 miles	5 miles	Rest	13 miles	Cross Training
15	Rest	5 miles	Rest	2.5 miles	5 miles	10 miles	20 miles
16	Rest	5 miles	Rest	4 miles	Rest	12 miles	Cross Training
17	Rest	4 miles	Rest	3 miles	Rest	8 miles	Cross Training
18	Rest	2 miles	Rest	5k	10k	Half Marathon	Marathon

Tips for Success

Consistency is Key

- Stick to the schedule as closely as possible. Missing a day is okay, but try to avoid missing multiple sessions in a row.

Listen to Your Body

- If you feel pain or discomfort, take an extra rest day or repeat a week to ensure you're progressing safely.

Hydration and Nutrition

- Stay hydrated and fuel your body with nutritious meals to support your training efforts.

Rest and Recovery

- Rest days are as important as training days. They allow your body to recover and prevent injuries.

Set Goals

- Keep your goal in mind and celebrate small milestones along the way to stay motivated.
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Key Terms:

- **Tempo Run:** A sustained effort run at a "comfortably hard" pace, typically one you could hold for 45–60 minutes.
- **Recovery Pace:** Easy jogging between hard intervals; no specific speed, just keep moving.
- **Warm-Up/Cool-Down:** Easy jogging and a few shorter, faster intervals to prepare your body for a workout, and easy jogging to recover once you're done.

Additional Recommendations:

- **Rest or Cross-Train:** On designated days, choose between total rest or engaging in non-running activities such as weight training, yoga, or cycling.
 - **Pacing:** Use the DisMornings runDisney Pace Calculator to determine your goal finish time, goal pace (GP), long run pace, and pace for workouts.
 - **Flexibility:** Feel free to adjust the schedule to fit your personal commitments, but try to maintain the overall structure of the program.
 - **Consistency:** Stick to the schedule as closely as possible. Missing a day is okay, but avoid skipping key workouts like long runs.
 - **Listen to Your Body:** If you feel pain or discomfort, take an extra rest day or adjust the intensity to ensure safe progression.
 - **Fuel and Recovery:** Prioritize hydration, proper nutrition, and adequate sleep to support your training efforts.
 - **Set Ambitious Goals:** Aim for a specific finish time and track your progress throughout the plan to stay motivated.
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Final Thoughts

You're on your way to achieving a new level of performance! Trust the process, stay disciplined, and by the end of 18 weeks, you'll be ready to tackle your marathon with confidence. Remember to enjoy the journey and celebrate the magic of running with DisMornings and runDisney. Happy running!