

# 2025 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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## 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 2025

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

## March 2025

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

## April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Rest/XT	31 Rest/XT	1 F1 6 EZ H1 3 EZ H2 5 EZ	2 XT	3 F1 5 EZ H1 3 EZ H2 5 EZ	4 F1Rest/ XT H1 Rest/XT H2 2 EZ	5 F1 6 EZ H1 4 EZ H2 5 EZ
6 Rest/XT	7 Rest/XT	8 F1 2 EZ H1 2 EZ H2 2 EZ	9 XT	10 F1 7 T H1 6 T H2 7 T	11 Rest/XT	12 F1 18 EZ H1 7 EZ H2 9 EZ
13 Rest/XT	14 Rest/XT	15 F1 2 EZ H1 2 EZ H2 3 EZ	16 XT	17 F1 8 RE H1 7 RE H2 8 RE	18 F1Rest/ XT H1 Rest/XT H2 2 EZ	19 F1 20 LS H1 8 LS H2 9 LS
20 Rest/XT	21 Rest/XT	22 F1 2 EZ H1 2 EZ H2 3 EZ	23 XT	24 F1 7 T H1 6 T H2 7 T	25 F1 Rest/XT H1- 2EZ H2 2 EZ	26 F1 16 LS H1 8 EZ H2 10 LS

## May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 Rest/XT	28 Rest/XT	29 F1 6 EZ H1 4 EZ H2 5 EZ	30 XT	1 F1 6 EZ H1 4 EZ H2 4 EZ	2 F1Rest/ XT H1 Rest/XT H2 3 EZ	3 F1 7LS H1 4 LS H2 5 LS

4 Rest/XT	5 Rest/XT	6 F1 2 EZ H1 2 EZ H2 4 EZ	7 XT	8 F1 5 T H1 7 T H2 8 T	9 F1 Rest/XT H1- 2EZ H2 4 EZ	10 F1 22EZ H1 9 EZ H2 10 EZ
11 Rest/XT	12 Rest/XT	13 F1 2 EZ H1 2 EZ H2 2 EZ	14 XT	15 F1 8 RE H1 8 RE H2 10 RE	16 F1 Rest/XT H1- 2EZ H2 3 EZ	17 F1 12 EZ H1 9 EZ H2 11 EZ
18 Rest/XT	19 Rest/XT	20 F1 2 EZ H1 2 EZ H2 3 EZ	21 F1 XT H1 XT H2 2 EZ	22 F1 5 T H1 7 T H2 8 T	23 F1 Rest/XT H1- 2EZ H2 2 EZ	24 F1 8 EZ H1 10 EZ H2 11 EZ

## June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 Rest/XT	26 Rest/XT	27 F1 2 EZ H1 2 EZ H2 2 EZ	29 F1XT H1 XT H2 3 EZ	29 F1 5 T H1 5 T H2 5 T	30 F1 2 EZ Rest/XT H2 3EZ	31 FAST 5K Rest/XT
1 <b>Race Day Good Luck!</b>						

