

2026 Big Sur Marathon

November 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------|--------|---|-----------|------------------------------|---------------------------------------|---|
| | | | | | | 1 |
| 2 8-10K Long Run | 3 | 4 EASY 7K Easy Run | 5 | 6 JUST RUN 7K Run | 7 | 8 |
| 9 8-10K Long Run | 10 | 11 EASY REMEMBER A LOSS 7K | 12 | 13 JUST RUN 7K Run | 14 BONUS Run a bonus 5K! | 15 |
| 16 10K Long Run | 17 | 18 EASY 8K Easy Run | 19 | 20 JUST RUN 8K Run | 21 | 22 |
| 23 12K Long Run | 24 | 25 BUILDUP 2x4K Progress from EZ – Fluid | 26 | 27 EASY 8K Run | 28 | 29 BONUS Run a bonus 5K! |
| 30 12K Long Run | | | | | |  |

2026 Big Sur Marathon

December 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|--|---------------------------------|--|-----------------------------------|---|
| | 1 | 2 EASY 7K Easy Run | 3 | 4 JUST RUN 8K Run | 5 BONUS Run a bonus 5K! | 6 |
| 7 14K Long Run | 8 | 9 EASY 7K Easy Run | 10 | 11 LAUNCH 6-8K Easy Run | 12 EASY 6K Easy Run | 13 BQ/PB 6K BUILD Run |
| 14 FIRST 14-16K Long Run | 15 | 16 FRIENDS Join Others for 7-8K Run | 17 | 18 LET'S GO! 8K Christmas Lights Run | 19 EASY 7K Easy Run | 20 |
| 21 14-18K Long Run | 22 | 23 BUILDUP 2x4K Progress from EZ – Fluid | 24 EASY 6K Easy Run | 25 | 26 EASY 8K Easy Run | 27 |
| 28 16K Special | 29 | 30 The REID 40 Minutes of Rolling Hills | 31 BQ/PB 6K Tempo Run | | |  |

2026 Big Sur Marathon

January 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---|---|---|--------|---|
| | | | | 1 DUST-OFF 8-10K Dust-Off run | 2 | 3 EASY 8K Easy Run |
| 4 20K Long Run | 5 | 6 1 HOUR! As far as you can run in 60 minutes | 7 EASY 8K Easy Run | 8 HILLS 7 Hill Repeats | 9 | 10 BQ/PB 8K Build Run |
| 11 16K Long Run Last 6K @RP | 12 | 13 S-HILL'S 3K + 10 Hills + 3K | 14 BQ/PB 10K Easy Run | 15 PYLONS 3 Sets | 16 | 17 EASY 8K Easy Run |
| 18 22K Long Run Progression | 19 | 20 8x90/90 90 sec @ 10K RP 90 sec Easy Jog | 21 | 22 HILLS 9 Hill Repeats | 23 | 24 TEMPO 8K Tempo Run GO! |
| 25 16K Special | 26 | 27 FARTLEKS Team or solo 8K | 28 BQ/PB 8K Run with 2x4min @ RP | 29 PYLONS 4 Sets | 30 | 31 BUILDUP 2x4K Progress from EZ – Fluid |
| | | | | | |  |

2026 Big Sur Marathon

February 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------|-------------------------------|--|--------------------------------------|--|------------------------------|---|
| 1 24K Long Run | 2 | 3 1 HOUR! As far as you can run in 60 minutes | 4 | 5 The REID 50 Minutes of Rolling Hills | 6 EASY 9K Easy Run | 7 |
| 8 26K Long Run | 9 | 10 S-HILL'S 3K + 12 Hills + 3K | 11 BQ/PB 4K Easy, 4K Tempo | 12 HILLS 10 Hill Repeats + | 13 | 14 EASY 9K Easy Run |
| 15 28K Long Run Progression | 16 | 17 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ | 18 | 19 PYLONS 4 Sets + | 20 | 21 TEMPO 8K Tempo Run GO! |
| 22 16K Special | 23 EASY 7K Easy Run | 24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ | 25 BQ/PB 11K Light Run | 26 JUST RUN 12K Run | 27 | 28 |
| | | | | | |  |

2026 Big Sur Marathon

March 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---|----------------------------------|--|--|---|
| 1 30K Long Run | 2 | 3 1 HOUR! As far as you can run in 60 minutes | 4 | 5 The REID 50 Minutes of Rolling Hills | 6 8x90/90 90 sec @ 10K RP 90 sec Easy Jog | 7 NOTE! Clocks Ahead 1 Hour |
| 8 RP DRILL 24K Long Run With 2x5K @RP | 9 | 10 S-HILL'S 3K + 12 Hills + 3K | 11 BQ/PB 11K Light Run | 12 Yasso800 8x800 w equal time recovery | 13 | 14 EASY 6K Run with 5 accelerations |
| 15 32K Long Run | 16 | 17 VO2 Max 11Min EZ + 4Min @ 95% X3 | 18 | 19 TRACK 3x400m + 5x1200m | 20 BQ/PB 8x1K @ Target Race Pace | 21 TEMPO 9K Tempo Run GO! |
| 22 16K Special | 23 | 24 VO2 Max 8Min EZ + 4Min @ 95% X4 | 25 BQ/PB 12K Light Run | 26 WHISTLE Whistle Track work w Dr. Stevil | 27 EASY 9K Easy Run | 28 |
| 29 34K Long Run 12-20K@RP | 30 | 31 EASY 10K Easy Run | | | | |

2026 Big Sur Marathon

April 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---|---------------------------------|---|------------------------------|---|
| | | | 1 | 2 TRACK 4x400m + 4x1600m | 3 EASY 8K Easy Run | 4 |
| 5 37K Long Run | 6 | 7 FLUSH 8K Flush out the legs run | 8 BQ/PB 12K Light Run | 9 Yasso800 10x800 w equal time recovery | 10 | 11 TEMPO 10K Tempo Run GO! |
| 12 20K Long Run Last 3K@RP | 13 | 14 Race Pace 8x1K @ Target Race Pace | 15 BQ/PB 9K Easy Run | 16 SPEEDUP 2x5K Progress from EZ to FAST | 17 | 18 EASY 45 Minute Easy Run |
| 19 14K Long Run | 20 | 21 GIDDYUP 6K Run with 5 accelerations | 22 | 23 EASY 7K Easy Run | 24 | 25 JOG+ 4K Easy Run + 3 Accelerations |
| 26 RACE! | 27 | 28 | 29 | 30 | | |
| | | | | | |  |