

# Big Bear Marathon 2026 June

| SUNDAY                                               | MONDAY | TUESDAY                                                               | WEDNESDAY | THURSDAY                                              | FRIDAY                        | SATURDAY                                                                              |
|------------------------------------------------------|--------|-----------------------------------------------------------------------|-----------|-------------------------------------------------------|-------------------------------|---------------------------------------------------------------------------------------|
|                                                      | 1      | 2                                                                     | 3         | 4                                                     | 5                             | 6                                                                                     |
| 7                                                    | 8      | 9                                                                     | 10        | 11                                                    | 12                            | 13                                                                                    |
| 14                                                   | 15     | 16                                                                    | 17        | 18 <b>Let's Go!</b><br>8K Social Run                  | 19                            | 20 <b>EASY</b><br>5-6K Easy Run                                                       |
| 21 <b>START!</b><br><b>14-16K</b><br><b>Long Run</b> | 22     | 23 <b>BUILDUP</b><br>2x4K Progress<br>from EZ – Fluid                 | 24        | 25 <b>DUST-OFF</b><br>8-10K Shake the<br>Dust-Off run | 26 <b>EASY</b><br>7K Easy Run | 27                                                                                    |
| 28<br><b>18K Long Run</b>                            | 29     | 30 <b>1-2Punch</b><br>WU + 6 sets of:<br>1Min HD 2 EZ<br>2Min HD 1 EZ |           |                                                       |                               |  |

# Big Bear Marathon 2026 July

| SUNDAY                               | MONDAY                        | TUESDAY                                                               | WEDNESDAY                                    | THURSDAY                                             | FRIDAY                          | SATURDAY                                                                              |
|--------------------------------------|-------------------------------|-----------------------------------------------------------------------|----------------------------------------------|------------------------------------------------------|---------------------------------|---------------------------------------------------------------------------------------|
|                                      |                               |                                                                       | 1                                            | 2 <b>HILLS</b><br>7 Hill Repeats<br>Road or Trail    | 3 <b>EASY</b><br>9K Easy Run    | 4                                                                                     |
| 5<br><b>20K Long Run</b>             | 6                             | 7 <b>10K TEST</b><br>Race a 10K to set<br>your mark                   | 8 <b>BQ/PB</b><br>10K Easy Run –<br>No Watch | 9 <b>PYLONS</b><br>3 Sets of Pylons                  | 10                              | 11 <b>TEMPO</b><br>40 Minute<br>Tempo Run!!                                           |
| 12<br><b>16K Special</b>             | 13 <b>EASY</b><br>6K Easy Run | 14 <b>S-HILL'S</b><br>3K + 10 Hills + 3K                              | 15                                           | 16 <b>HILLS</b><br>9 Hill Repeats<br>Road or Trail   | 17 <b>BQ/PB</b><br>10K Easy Run | 18                                                                                    |
| 19<br><b>22K Long Run</b>            | 20                            | 21 <b>1-2Punch</b><br>WU + 8 sets of:<br>1Min HD 2 EZ<br>2Min HD 1 EZ | 22                                           | 23 <b>The REID</b><br>40 Minutes of<br>Rolling Hills | 24 <b>EASY</b><br>8K Easy Run   | 25                                                                                    |
| 26<br><b>21K Long with<br/>5K@RP</b> | 27                            | 28 <b>8x90/90</b><br>90 sec @ 10K RP<br>90 sec Easy Jog               | 29 <b>BQ/PB</b><br>10K Easy Run              | 30 <b>PYLONS</b><br>4 Sets of Pylons                 | 31                              |  |

# Big Bear Marathon 2026 August

| SUNDAY                             | MONDAY                        | TUESDAY                                       | WEDNESDAY                                    | THURSDAY                                                                 | FRIDAY                         | SATURDAY                                                                              |
|------------------------------------|-------------------------------|-----------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------|--------------------------------|---------------------------------------------------------------------------------------|
|                                    |                               |                                               |                                              |                                                                          |                                | 1 <b>EASY</b><br>9K Easy Run                                                          |
| 2 <b>25K Progress to Race Pace</b> | 3                             | 4 <b>10K TEST</b><br>10K Race on same course  | 5 <b>BQ/PB</b><br>10K Easy Run – No Watch    | 6 <b>HILLS</b><br>10 Hill Repeats<br>Road or Trail                       | 7                              | 8 <b>TEMPO</b><br>45 Minute Tempo Run!!                                               |
| 9 <b>16K Special</b>               | 10 <b>EASY</b><br>6k Easy Run | 11 <b>S-HILL'S</b><br>3K + 12 Hills + 3K      | 12                                           | 13 <b>TRACK</b><br>5x1K PROG.<br>Mar, 1/2, 10K, 5K, 3K<br>With Dr. Steve | 14 <b>BQ/PB</b><br>8K Easy Run | 15                                                                                    |
| 16 <b>28K Long Run</b>             | 17                            | 18 <b>EASY</b><br>10K Easy Run                | 19 <b>PROG</b><br>10K Progress from EZ to RP | 20 <b>PYLONS</b><br>4 Sets+                                              | 21                             | 22 <b>BUILD</b><br>Wu+ 3x3K Loop.<br>Mara, 1/2, 10K                                   |
| 23 <b>24K Long with 2x5K@RP</b>    | 24                            | 25 <b>VO2 Max</b><br>11Min EZ + 4Min @ 95% X3 | 26 <b>BQ/PB</b><br>4K Easy + 6K@RP           | 27 <b>TRACK</b><br>Whistle Workout #1 with Dr. Steve                     | 28                             | 29 <b>EASY</b><br>6K Easy Run                                                         |
| 30 <b>30K Long Run</b>             | 31                            |                                               |                                              |                                                                          |                                |  |

# Big Bear Marathon 2026 September

| SUNDAY                            | MONDAY | TUESDAY                                           | WEDNESDAY                                 | THURSDAY                                                                | FRIDAY                        | SATURDAY                                                                              |
|-----------------------------------|--------|---------------------------------------------------|-------------------------------------------|-------------------------------------------------------------------------|-------------------------------|---------------------------------------------------------------------------------------|
|                                   |        | 1 <b>10K TEST</b><br>10K Race on same course      | 2 <b>BQ/PB</b><br>10K Easy Run – No Watch | 3 <b>TRACK</b><br>5x1K PROG.<br>Mar, 1/2, 10K, 5K, 3K<br>With Dr. Steve | 4                             | 5 <b>TEMPO</b><br>50 Minute Tempo Run!!                                               |
| 6<br><b>16K Special</b>           | 7      | 8 <b>S-HILL'S</b><br>3K + 12 Hills + 3K           | 9 <b>EASY</b><br>15K Medium Long Run      | 10 <b>YASSO</b><br>8x800m equal recovery time                           | 11                            | 12 <b>BQ/PB</b><br>45 Minute Hilly Run. Trails?                                       |
| 13<br><b>32K Long Run</b>         | 14     | 15 <b>The REID</b><br>50 Minutes of Rolling Hills | 16                                        | 17 <b>BUILD</b><br>Wu+ 3x4K Loop.<br>Mara, 1/2, 10K                     | 18                            | 19 <b>TEMPO</b><br>50 Minute Tempo Run!!                                              |
| 20<br><b>21K Long with 10K@RP</b> | 21     | 22 <b>VO2 Max</b><br>8Min EZ + 4Min @ 95% X4      | 23 <b>BQ/PB</b><br>10K Downhill Run       | 24 <b>TRACK</b><br>Whistle Workout #2 with Dr. Steve                    | 25 <b>EASY</b><br>9K Easy Run | 26                                                                                    |
| 27<br><b>32K Long Run</b>         | 28     | 29 <b>EASY</b><br>10K Easy Run                    | 30                                        |                                                                         |                               |  |

# Big Bear Marathon 2026 October

| SUNDAY                                                                            | MONDAY | TUESDAY                                                  | WEDNESDAY                              | THURSDAY                                             | FRIDAY                         | SATURDAY                                    |
|-----------------------------------------------------------------------------------|--------|----------------------------------------------------------|----------------------------------------|------------------------------------------------------|--------------------------------|---------------------------------------------|
|  |        |                                                          |                                        | <b>1 IN &amp; OUTS</b><br>2x3200m Track<br>In & Outs | 2                              | <b>3 TEMPO</b><br>60 Minute<br>Tempo Run!!  |
| <b>4</b><br><b>16K Special</b>                                                    | 5      | <b>6 10K Test</b><br>10K Race on same<br>course          | <b>7 EASY</b><br>12K Easy Run          | <b>8 S-HILL'S</b><br>3K + 12 Hills + 3K              | 9                              | 10                                          |
| <b>11</b><br><b>34K Long with</b><br><b>12-20K@RP</b>                             | 12     | <b>13 3,4,5 KICK</b><br>3,3,4,4,5,5 Min EZ<br>then HARD! | <b>14 BQ/PB</b><br>10K Downhill<br>Run | <b>15 YASSO</b><br>10x800m equal<br>recovery time    | 16                             | <b>17 TEMPO</b><br>60 Minute<br>Tempo Run!! |
| <b>18</b><br><b>37K Long Run</b>                                                  | 19     | <b>20 FLUSH</b><br>10K Flush out the<br>legs run         | <b>21 BQ/PB</b><br>10K Easy Run        | <b>22 BUILD</b><br>3x4K EZ, RP,<br>Strong!           | 23                             | <b>24 EASY</b><br>8K Easy Run               |
| <b>25</b><br><b>20K Long with</b><br><b>5K@RP</b>                                 | 26     | <b>27 Race Pace</b><br>8x1K @ Target<br>Race Pace        | 28                                     | <b>29 YASSO</b><br>10x800m equal<br>recovery time    | <b>30 EASY</b><br>10K Easy Run | 31                                          |

# Big Bear Marathon 2026 November

| SUNDAY                                                                            | MONDAY | TUESDAY                                             | WEDNESDAY | THURSDAY                       | FRIDAY | SATURDAY              |
|-----------------------------------------------------------------------------------|--------|-----------------------------------------------------|-----------|--------------------------------|--------|-----------------------|
|  |        |                                                     |           |                                |        |                       |
| 1<br><b>14K Taper Run</b>                                                         | 2      | 3 <b>Taper Break</b><br>7K Run with 6 accelerations | 4         | 5 <b>EASY</b><br>6-8K Easy Run | 6      | 7<br><b>RACE DAY!</b> |
| 8                                                                                 | 9      | 10                                                  | 11        | 12                             | 13     | 14                    |
| 15                                                                                | 16     | 17                                                  | 18        | 19                             | 20     | 21                    |
| 22                                                                                | 23     | 24                                                  | 25        | 26                             | 27     | 28                    |
| 29                                                                                | 30     |                                                     |           |                                |        |                       |