



## ***P90X3 Marathon Training Plan***

### **Glossary of Workouts**

#### **BASE Run**

Duration of BASE Runs is indicated by the number in the title (e.g. BASE Run 30 indicates that the duration of the workout is 30 minutes) or by mileage. All BASE Runs are to be done between 55 and 75% of maximum heart rate. You can use an online formula or a field test to get your max heart rate if you wish. However, in general, this means that the run should be done at a “conversational” pace. It’s ok to be a little “breathy” but you should be able to have a conversation with only a little trouble during these runs. I even recommend walking periodically to get heart rate back under control if you can’t run the entire duration in a conversational state at first.

#### **BASE Run SI 35**

Total workout duration is 35 minutes. SI stands for speed intervals.

10 min warmup easy

6 x 30 sec controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

#### **BASE Run SI 35 (1 minute intervals)**

Total workout duration is 35 minutes. SI stands for speed intervals.

10 min warmup easy

6 x 1 min controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time



### **BASE Run SI 50**

Total workout duration is 50 minutes. SI stands for speed intervals.

10 min warmup easy

10 x 30 sec controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

### **BASE Run SI 50 (1 minute intervals)**

Total workout duration is 35 minutes. SI stands for speed intervals.

10 min warmup easy

8 x 1 min controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

### **BASE Run Tempo 40**

Total workout duration is indicated by the number in the title.

10 min warmup easy

20 min tempo pace

10 min cooldown descending in effort

Tempo pace is approximately 80% of max heart rate. This means you should NOT be able to hold a conversation. You should be on the line between “I need to stop” and “I can keep going but it’s challenging”. Short gasps are necessary to talk. It is tough but doable. This is also sometimes described as “10K race pace”.



### **P90X3 Workouts**

Workouts with “P90X3” in the title indicate a specific workout DVD available through the Beachbody P90X3 DVD workout program. This training plan cannot be accomplished as planned without that DVD set. If you already have a Beachbody Coach that you work with, please get it from them. If you do not have a coach, please get it through me by contacting me at [ryan@tribasetraining.com](mailto:ryan@tribasetraining.com). I will help you get it on demand or via DVD for the best price.



## Daily Training Schedule

<b>Day 1</b> P90X3 Dynamix	<b>Day 2</b> BASE Run 45	<b>Day 3</b> P90X3 - Total Synergistics	<b>Day 4</b> BASE Run 45	<b>Day 5</b> P90X3 - The Warrior	<b>Day 6</b> BASE Run (6 miles)	<b>Day 7</b> BASE Run 25 P90X3 - X3 Yoga
<b>Day 8</b> P90X3 Dynamix	<b>Day 9</b> BASE Run 45	<b>Day 10</b> P90X3 - Total Synergistics	<b>Day 11</b> BASE Run 45	<b>Day 12</b> P90X3 - The Warrior	<b>Day 13</b> BASE Run (7.5 miles)	<b>Day 14</b> BASE Run 25 P90X3 - X3 Yoga
<b>Day 15</b> P90X3 Dynamix	<b>Day 16</b> BASE Run 45	<b>Day 17</b> P90X3 - Total Synergistics	<b>Day 18</b> BASE Run 30	<b>Day 19</b> P90X3 - The Warrior	<b>Day 20</b> BASE Run (9 miles)	<b>Day 21</b> BASE Run 25 P90X3 - X3 Yoga
<b>Day 22</b> P90X3 Dynamix	<b>Day 23</b> BASE Run 45	<b>Day 24</b> P90X3 - Total Isometrics	<b>Day 25</b> BASE Run 45	<b>Day 26</b> P90X3 - Pilates	<b>Day 27</b> BASE Run (8 miles)	<b>Day 28</b> BASE Run 25 P90X3 - X3 Yoga



<b>Day 29</b> P90X3 Dynamix	<b>Day 30</b> BASE Run 45	<b>Day 31</b> P90X3 - Total Synergistics	<b>Day 32</b> BASE Run 45	<b>Day 33</b> P90X3 - The Warrior	<b>Day 34</b> BASE Run (9 miles)	<b>Day 35</b> BASE Run 25 P90X3 - Yoga
<b>Day 36</b> P90X3 Dynamix	<b>Day 37</b> P90X3 - Agility X BASE Run 45	<b>Day 38</b> P90X3 - Total Synergistics	<b>Day 39</b> BASE Run 45	<b>Day 40</b> P90X3 - The Warrior	<b>Day 41</b> BASE Run 10.5 miles)	<b>Day 42</b> BASE Run 25 P90X3 - Yoga
<b>Day 43</b> P90X3 Dynamix	<b>Day 44</b> BASE Run 50 P90X3 - Agility X	<b>Day 45</b> P90X3 - Total Synergistics	<b>Day 46</b> BASE Run 45	<b>Day 47</b> P90X3 - The Warrior	<b>Day 48</b> BASE Run (12 miles)	<b>Day 49</b> BASE Run 25 P90X3 - Yoga
<b>Day 50</b> P90X3 Dynamix	<b>Day 51</b> BASE Run 35	<b>Day 52</b> P90X3 - Isometrics	<b>Day 53</b> BASE Run 45	<b>Day 54</b> P90X3 Pilates X	<b>Day 55</b> BASE Run (11 miles)	<b>Day 56</b> BASE Run 25 P90X3 - Yoga



<b>Day 57</b> P90X3 Dynamix	<b>Day 58</b> BASE Run SI 50 P90X3 - Triometrics	<b>Day 59</b> P90X3 - Eccentric Lower	<b>Day 60</b> BASE Run Tempo 40	<b>Day 61</b> P90X3 - Eccentric Upper	<b>Day 62</b> BASE Run Long Run (13 miles)	<b>Day 63</b> BASE Run 25 P90X3 - Yoga
<b>Day 64</b> P90X3 Dynamix	<b>Day 65</b> BASE Run SI 50 (1 Minute Intervals) P90X3 - Decelerator	<b>Day 66</b> P90X3 - Eccentric Lower	<b>Day 67</b> BASE Run 45	<b>Day 68</b> P90X3 - Eccentric Upper	<b>Day 69</b> BASE Long Run (14.5 miles)	<b>Day 70</b> BASE Run 25 P90X3 - Yoga
<b>Day 71</b> P90X3 Dynamix	<b>Day 72</b> BASE Run SI 50 P90X3 - Triometrics	<b>Day 73</b> P90X3 - Eccentric Lower	<b>Day 74</b> BASE Run Tempo 40	<b>Day 75</b> P90X3 - Eccentric Upper	<b>Day 76</b> BASE Long Run (16 miles)	<b>Day 77</b> BASE Run 25 P90X3 - Yoga
<b>Day 78</b> P90X3 Dynamix	<b>Day 79</b> BASE Run 35	<b>Day 80</b> P90X3 - Isometrics	<b>Day 81</b> BASE Run 45	<b>Day 82</b> P90X3 - Pilates X	<b>Day 83</b> BASE Long Run (15 miles)	<b>Day 84</b> BASE Run 30 P90X3 - Yoga



<b>Day 85</b> P90X3 Dynamix	<b>Day 86</b> BASE Run SI 50 (1 - min intervals) P90X3 - Decelerator	<b>Day 87</b> P90X3 - Eccentric Lower	<b>Day 88</b> BASE Run Tempo 40	<b>Day 89</b> P90X3 - Eccentric Upper	<b>Day 90</b> BASE Run Long Run (17 miles)	<b>Day 91</b> BASE Run 30 P90X3 - Yoga
<b>Day 92</b> P90X3 Dynamix	<b>Day 93</b> BASE Run SI 50 (1 Minute Intervals) P90X3 - Triometrics	<b>Day 94</b> P90X3 - Eccentric Lower	<b>Day 95</b> BASE Run 45	<b>Day 96</b> P90X3 - Eccentric Upper	<b>Day 97</b> BASE Long Run (18 miles)	<b>Day 98</b> BASE Run 30 P90X3 - Yoga
<b>Day 99</b> P90X3 Dynamix	<b>Day 100</b> BASE Run SI 35 P90X3 - Decelerator	<b>Day 101</b> P90X3 - Eccentric Lower	<b>Day 102</b> BASE Run Tempo 40	<b>Day 103</b> P90X3 - Eccentric Upper	<b>Day 104</b> BASE Long Run (19 miles)	<b>Day 105</b> BASE Run 25 P90X3 - Yoga
<b>Day 106</b> P90X3 Dynamix	<b>Day 107</b> BASE Run SI 50	<b>Day 108</b> P90X3 - Isometrics	<b>Day 109</b> BASE Run 45	<b>Day 110</b> P90X3 - Pilates X	<b>Day 111</b> BASE Long Run (17 miles)	<b>Day 112</b> BASE Run 30 P90X3 - Yoga



<b>Day 113</b> P90X3 Dynamix	<b>Day 114</b> BASE Run SI 50	<b>Day 115</b> P90X3 - The Warrior	<b>Day 116</b> BASE Run Tempo 45	<b>Day 117</b> P90X3 - Triometrics	<b>Day 118</b> BASE Run Long Run (19 miles)	<b>Day 119</b> BASE Run 30 P90X3 - Yoga
<b>Day 120</b> P90X3 Dynamix	<b>Day 121</b> BASE Run SI 50 (1-min intervals)	<b>Day 122</b> P90X3 - Decelerator	<b>Day 123</b> BASE Run 45	<b>Day 124</b> P90X3 - Isometrics	<b>Day 125</b> BASE Long Run (21 miles)	<b>Day 126</b> BASE Run 30 P90X3 - Yoga
<b>Day 127</b> P90X3 Dynamix	<b>Day 128</b> BASE Run 55	<b>Day 129</b> P90X3 - The Warrior	<b>Day 130</b> BASE Run 40	<b>Day 131</b> P90X3 - Yoga	<b>Day 132</b> BASE Long Run (12 miles)	<b>Day 133</b> BASE Run 30 P90X3 - Yoga
<b>Day 134</b> P90X3 Dynamix	<b>Day 135</b> BASE Run 45	<b>Day 136</b> P90X3- X3 Yoga	<b>Day 137</b> BASE Run 45	<b>Day 138</b> Rest Day	<b>Day 139</b> BASE Run 30	<b>Day 140</b> Marathon Race Day