



PiYo 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”.



PiYo Workouts

Workouts with “PiYo” in the title indicate a specific workout DVD available through the Beachbody PiYo home 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. I will help you get it on demand or via DVD for the best price.



Daily Training Schedule

Day 1 PiYo Align - The Fundamentals	Day 2 BASE Run 45 PiYo Define: Lower Body	Day 3 BASE Run 30 PiYo Core	Day 4 BASE Run 45 PiYo Define - Upper	Day 5 Rest Day	Day 6 BASE Run 60 PiYo Define: Lower	Day 7 BASE Run 25 PiYo Buns
Day 8 PiYo Sweat	Day 9 BASE Run 45 PiYo Define - Lower	Day 10 BASE Run 30 PiYo Sculpt	Day 11 BASE Run 45 PiYo Define - Upper	Day 12 Rest Day	Day 13 BASE Run 70 PiYo Define - Lower	Day 14 BASE Run 25 PiYo Core
Day 15 PiYo Buns	Day 16 BASE Run 45 PiYo Define - Lower	Day 17 BASE Run 30 PiYo Core	Day 18 BASE Run 45 PiYo Define - Upper	Day 19 Rest Day	Day 20 BASE Run 80 PiYo Define - Lower	Day 21 BASE Run 25 PiYo Sculpt
Day 22 PiYo Sweat	Day 23 BASE Run 45 PiYo Define - Lower	Day 24 BASE Run 30 PiYo Sculpt	Day 25 BASE Run 45 PiYo Define - Upper	Day 26 Rest Day	Day 27 BASE Run 90 PiYo Define - Lower	Day 28 BASE Run 25 PiYo Core



Day 29 PiYo Buns	Day 30 BASE Run 45 PiYo Define - Lower	Day 31 BASE Run 45 PiYo Core	Day 32 BASE Run 45 PiYo Define - Upper	Day 33 Rest Day	Day 34 BASE Run 100 PiYo Define - Lower	Day 35 BASE Run 25 PiYo Sculpt
Day 36 PiYo Sweat	Day 37 BASE Run 45 PiYo Define - Lower	Day 38 BASE Run 45 PiYo Sculpt	Day 39 BASE Run 45 PiYo Define - Upper	Day 40 Rest Day	Day 41 BASE Run 110 PiYo Define - Lower	Day 42 BASE Run 25 PiYo Core
Day 43 PiYo Buns	Day 44 BASE Run 45 PiYo Define - Lower	Day 45 BASE Run 45 PiYo Core	Day 46 BASE Run 45 PiYo Define - Upper	Day 47 Rest Day	Day 48 BASE Run 120 PiYo Define - Lower	Day 49 BASE Run 25 PiYo Sculpt
Day 50 PiYo Drench	Day 51 BASE Run SI 35 PiYo Define - Lower	Day 52 BASE Run 45 PiYo Sculpt	Day 53 BASE Run 45 PiYo Define - Upper	Day 54 Rest Day	Day 55 BASE Long Run PiYo Define - Lower	Day 56 BASE Run 25 PiYo Core



Day 57 PiYo Buns	Day 58 BASE Run SI 50 PiYo Define - Lower	Day 59 BASE Run 45 PiYo Core	Day 60 BASE Run Tempo 40 Base Run 45	Day 61 Rest Day	Day 62 BASE Long Run PiYo Define - Lower	Day 63 BASE Run 25 PiYo Sculpt
Day 64 PiYo Drench	Day 65 BASE Run SI 50 (1 Minute Intervals) PiYo Define - Lower	Day 66 BASE Run 45 PiYo Sculpt	Day 67 BASE Run 45 PiYo Define - Upper	Day 68 Rest Day	Day 69 BASE Run 60 PiYo Define - Lower	Day 70 BASE Run 25 PiYo Core
Day 71 PiYo Buns	Day 72 BASE Run SI 35 PiYo Define - Lower	Day 73 BASE Run 45 PiYo Core	Day 74 BASE Run Tempo 35 PiYo Define - Upper	Day 75 Rest Day	Day 76 BASE Long Run PiYo Define - Lower	Day 77 BASE Run 25 PiYo Sculpt
Day 78 PiYo Sweat	Day 79 BASE Run SI 50 PiYo Define - Lower	Day 80 BASE Run 45 PiYo Sculpt	Day 81 BASE Run 45 PiYo Define - Upper	Day 82 Rest Day	Day 83 BASE Long Run PiYo Define - Lower	Day 84 Base Run 25 PiYo Core



Day 85 PiYo Buns	Day 86 BASE Run SI 50 (1 - min intervals) PiYo Define - Lower	Day 87 PiYo Core BASE Run 45	Day 88 BASE Run Tempo 40 PiYo Define - Upper	Day 89 Rest Day	Day 90 BASE Run Long Run PiYo Define - Lower	Day 91 PiYo Sculpt BASE Run 30
Day 92 PiYo Drench	Day 93 BASE Run SI 50 (2 - min intervals) PiYo Define - Lower	Day 94 PiYo Sculpt BASE Run 45	Day 95 BASE Run 45 PiYo Define - Upper	Day 96 Rest Day	Day 97 BASE Long Run PiYo Define - Lower	Day 98 PiYo Core BASE Run 30
Day 99 PiYo Buns	Day 100 BASE Run SI 35 PiYo Define: Lower	Day 101 PiYo Core BASE Run 45	Day 102 BASE Run Tempo 35 PiYo Define - Upper	Day 103 Rest Day	Day 104 BASE Long Run PiYo Define - Lower	Day 105 PiYo Sculpt BASE Run 30
Day 106 PiYo Sweat	Day 107 BASE Run SI 50 (2- min intervals) PiYo Define: Lower	Day 108 PiYo Sculpt BASE Run 45	Day 109 BASE Run Tempo 45 PiYo Define - Upper	Day 110 Rest Day	Day 111 BASE Long Run PiYo Define - Lower	Day 112 PiYo Core BASE Run 30



Day 113 PiYo Buns	Day 114 BASE Run SI 50 PiYo Define: Lower	Day 115 PiYo Core BASE Run 45	Day 116 BASE Run Tempo 45 PiYo Define - Upper	Day 117 Rest Day	Day 118 BASE Long Run PiYo Define - Lower	Day 119 BASE Run 30 PiYo Sculpt
Day 120 PiYo Drench	Day 121 BASE Run SI 50 (1-min intervals) PiYo Define: Lower	Day 122 PiYo Sculpt BASE Run 45	Day 123 BASE Run 45 PiYo Define - Upper	Day 124 Rest Day	Day 125 BASE Long Run PiYo Define - Lower	Day 126 BASE Run 30 PiYo Core
Day 127 PiYo Buns	Day 128 BASE Run 55 PiYo Define: Lower	Day 129 PiYo Core BASE Run 45	Day 130 BASE Run 40 PiYo Define - Upper	Day 131 Rest Day	Day 132 BASE Long Run PiYo Define - Lower	Day 133 BASE Run 30 PiYo Sculpt
Day 134 PiYo Drench	Day 135 BASE Run 45 PiYo Define: Lower	Day 136 BASE Run 30	Day 137 BASE Run 30 PiYo Define - Upper	Day 138 Rest Day	Day 139 BASE Run 30	Day 140 Marathon Race Day