



Dopey Challenge Training Plan

The Dopey Challenge Training Program is designed for those who have been running 3-4 times per week for 4-5 miles and a long run of at least 6 miles for at least 6 months.

| DAY | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------|------------------------------|----------------------------------|------------------------------|----------------------------------|------------------------------|----------------------------------|----------------------------------|
| WEEK 1 | Rest | Run 40-45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 40-45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 4 miles Yellow Zone | Long Run 6 miles Yellow Zone |
| WEEK 2 | Rest | Run 40-45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 40-45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 7 miles Yellow Zone | Rest |
| WEEK 3 | XT 30-45 mins Orange Zone | Run 40-45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 40-45 minutes Yellow Zone | Rest | Long Run 4 miles Yellow Zone | Long Run 7 miles Yellow Zone |
| WEEK 4 | Rest | Run 40-45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 40-45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 8 miles Yellow Zone | Rest |
| WEEK 5 | XT 30-45 mins Orange Zone | Run 40-45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 40-45 minutes Yellow Zone | Rest | Long Run 4 miles Yellow Zone | Long Run 9 miles Yellow Zone |
| WEEK 6 | Rest | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 7 miles Yellow Zone | Rest |
| WEEK 7 | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Rest | Run 3 miles Yellow Zone | Long Run 5 miles Yellow Zone | Long Run 8 miles Yellow Zone |
| WEEK 8 | Rest | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 10 miles Yellow Zone | Rest |
| WEEK 9 | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | Rest | Long Run 6 miles Yellow Zone | Long Run 11 miles Yellow Zone |
| WEEK 10 | Rest | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 7 miles Yellow Zone | Rest |
| WEEK 11 | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Rest | Run 4 miles Yellow Zone | Long Run 6 miles Yellow Zone | Long Run 10 miles Yellow Zone |
| WEEK 12 | Rest | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 8 miles Yellow Zone | Rest |
| WEEK 13 | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | Rest | Long Run 7 miles Yellow Zone | Long Run 12 miles Yellow Zone |
| WEEK 14 | Rest | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 8 miles Yellow Zone | Rest |
| WEEK 15 | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | Rest | Run 3 miles Yellow Zone | Run 4 miles Yellow Zone | Long Run 8 miles Yellow Zone | Long Run 12 miles Yellow Zone |

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| WEEK 16 | Rest | XT 30-45 mins Orange Zone | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 30 minutes Yellow Zone | Long Run 14 miles Yellow Zone | Rest |
| WEEK 17 | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | Rest | Long Run 6 miles Yellow Zone | Long Run 6 miles Yellow Zone |
| WEEK 18 | Rest | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 16 miles Yellow Zone | Rest |
| WEEK 19 | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Rest | Run 4 miles Yellow Zone | Run 5 miles Yellow Zone | Long Run 8 miles Yellow Zone |
| WEEK 20 | Rest | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Long Run 18 miles Yellow Zone | Rest |
| WEEK 21 | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 3 miles Yellow Zone | Run 4 miles Yellow Zone | Long Run 8 miles Yellow Zone | Long Run 12 miles Yellow Zone |
| WEEK 22 | Rest | Run 50 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 50 minutes Yellow Zone | Rest | Long Run 8 miles Yellow Zone | Rest |
| WEEK 23 | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | Rest | Long Run 9 miles Yellow Zone | Long Run 18 miles Yellow Zone |
| WEEK 24 | Rest | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | XT 30-45 mins Orange Zone | Run 40 minutes Yellow Zone | Long Run 8 miles Yellow Zone | Rest |
| WEEK 25 | Rest | XT 30-45 mins Orange Zone | Run 4 miles Yellow Zone | Run 5 miles Yellow Zone | Rest | Long Run 10 miles Yellow Zone | Long Run 20 miles Yellow Zone |
| WEEK 26 | Rest | XT 30-45 mins Orange Zone | Run 45 minutes Yellow Zone | Rest | Run 4 miles Yellow Zone | Long Run 8 miles Yellow Zone | Rest |
| WEEK 27 | XT 30 mins Orange Zone | Run 40 minutes Yellow Zone | Run 40 minutes Yellow Zone | Rest | Run 3 miles Yellow Zone | Run 5 miles Yellow Zone | Rest |
| WEEK 28 | XT 30 mins Yellow Zone | Run 30 minutes Yellow Zone | Rest | 5K | 10K | Half Marathon | Full Marathon |
| RECOVERY PHASE | | | | | | | |
| WEEK 29 | Rest | Cross-Train 20 min | Rest | Cross-Train 30 min | Rest | Cross-Train 30 min | Run 30 min Yellow Zone |
| WEEK 30 | Run 40 min Yellow Zone | Cross-Train 30 min | Rest | Run 40 min Yellow Zone | Cross-Train 30 min | Run 5 miles Yellow Zone | Rest |
| WEEK 31 | Run 45 min Yellow Zone | Cross-Train 40 min | Rest | Run 45 min Yellow Zone | Cross-Train 40 min | Run 6 miles Yellow Zone | Rest |
| WEEK 32 | Run 50 min Yellow Zone | Cross-Train 40 min | Rest | Run 50 min Yellow Zone | Cross-Train 40 min | Run 6 miles Yellow Zone | Rest |

SCHEDULE KEY

Warm-up: Walking 3-5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: Walking 3-5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.

Flexibility: Include foam rolling and flexibility exercises after your training workout to maintain or improve flexibility and prevent injuries.

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Cross-Training (XT): Include activities that are non running or walking. Cycling, pilates/yoga, strength training, elliptical trainer, spinning are great cross training modes. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

The Zones: The three training zones, yellow, orange and red, are a way to specify the intended intensity of the workout. This training plan includes yellow, orange and red zone workouts to build endurance, stamina, and speed.

Yellow Zone: This is an easiest effort level. In this zone, you can talk easily in full sentences without pausing to catch your breath.

Orange Zone: This is a moderately challenging effort level. In this zone, you are not running all out, but you are outside of your comfort zone. You can talk, but it is in choppy statements, while reaching for air every few words.

Red Zone: This is the most challenging effort level. You know you're in the red zone, because you can't talk at all, you're breathing rapidly.

Rest Days: These are your off days from training and activity. They aid in passive recovery from the demands of the progressive training plan and are just as important as the workouts.