

2025 Run Devils Tower Half Marathon Runner's Training

GOALS

- Promote a healthy lifestyle.
- Enhance your knowledge about running and fitness
- Successful completion of the Run Devils Tower Half-Marathon
- HAVE FUN

CONTACTS

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CHOOSE YOUR LEVEL

H1: Half Marathon Training for Beginning Runners

This program assumes you have been running 3-10 miles per week. Your goal: to finish a half marathon

H2: Half Marathon Training for Intermediate Runners

This program assumes you have been running 10-15 miles per week Your goal: to finish in a specific time

TRAINING CALENDAR KEY

- **REST:** Rest day. Do no running or other strenuous physical activity.
- **EZ:** An easy or recovery run done at a comfortable pace.
- **XT:** Cross training that can include any one of a number of low-impact sports (i.e. bicycling, swimming, hiking, exercise machines, weight training) that burn calories and provide cardiovascular benefits while giving you a physical and mental break from running.
- **T:** Tempo runs of 15-25 minutes at a pace that's 10-20 seconds slower per mile than your 10-K race pace. Warm-up and cool-down distances are included in daily mileage.
- **RE:** Repeats of 400 meters to 1600 meters at your 5-K race pace. You should run your repeats on a 400-meter track, a grassy field, a smooth path, or a traffic-free stretch of road. Between repeats, jog half the distance covered during the repeat. Repeat day distances include warm-up, cool-down, and recovery mileage.
- **LS:** Long and slow run, slightly slower than your race pace.
- **RACE:** Occasional racing improves your fitness and accustoms you to the stresses of racing.

March 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
16 Rest/XT	17 Rest/XT	18 H1 2 EZ H2 2 EZ	19 XT	20 H1 3 EZ H2 5 T	21 Rest/XT	22 H1 4 EZ H2 7 EZ
23 Rest/XT	24	25 H1 2 EZ H2 4 EZ	26 XT	27 H1 3 EZ H2 4 EZ	28 Rest/XT	29 H1 5 EZ H2 4 EZ
April 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Rest/XT	31 Rest/XT	1 H1 2 EZ H2 2 EZ	2 XT	3 H1 5 T H2 6 T	4 H1 Rest/XT H2 2 EZ	5 H1 6 EZ H2 7 EZ
6 Rest/XT	7 Rest/XT	8 H1 2 EZ H2 2 EZ	9 XT	10 H1 5 RE H2 7 RE	11 H1 Rest/XT H2 2 EZ	12 H1 6 EZ H2 8 EZ

13 Rest/XT	14 Rest/XT	15 H1 2 EZ H2 3 EZ	16 XT	17 H1 5 T H2 6 T	18 H1 Rest/XT H2 2 EZ	19 H1 7 EZ H2 8 EZ
20 Rest/XT	21 Rest/XT	22 H1 3 EZ H2 5 EZ	23 XT	24 H1 3 EZ H2 5 EZ	25 H1 Rest/XT H2 2 EZ	26 H1 4 EZ H2 5 EZ

May 2025

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
27 Rest/XT		28 Rest/XT	29 H1 2 EZ H2 2 EZ	30 XT	1 H1 6 T H2 7 T	2 Rest/XT	3 H1 7 EZ H2 9 EZ	
4 Rest/XT		5 Rest/XT	6 H1 2 EZ H2 3 EZ	7 XT	8 H1 7 RE H2 8 RE	9 H1 Rest/XT H2 2 EZ	10 H1 8 LS H2 9 LS	
11 Rest/XT		12 Rest/XT	13 H1 2 EZ H2 3 EZ	14 XT	15 H1 6 T H2 7 T	16 H1- 2EZ H2 2 EZ	17 H1 8 EZ H2 10 LS	
18 Rest/XT		19 Rest/XT	20 H1 4 EZ H2 5 EZ	21 XT	22 H1 4 EZ H2 4 EZ	23 H1 Rest/XT H2 3 EZ	24 H1 4 LS H2 5 LS	
25 Rest/XT		26 Rest/XT	27 H1 2 EZ H2 4 EZ	28 XT	29 H1 7 T H2 8 T	30 H1- 2EZ H2 4 EZ	31 H1 9 EZ H2 10 EZ	

June 2025

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Rest/XT		2 Rest/XT	3 H1 2 EZ H2 2 EZ	4 XT	5 H1 8 RE H2 10 RE	6 H1- 2EZ H2 3 EZ	7 H1 9 EZ H2 11 EZ	
8 Rest/XT		9 Rest/XT	10 H1 2 EZ H2 3 EZ	11 H1 XT H2 2 EZ	12 H1 7 T H2 8 T	13 H1- 2EZ H2 2 EZ	14 H1 10 EZ H2 11 EZ	
15 Rest/XT		16 Rest/XT	17 H1 2 EZ H2 2 EZ	18 H1 XT H2 3 EZ	19 H1 5 T H2 5 T	20 Rest/XT H2 3EZ	21 FAST 5K Rest/XT	
22 Race Day Good Luck!								