

DAMASCUS _42K_ TRAINING_PLAN

18 WEEKS



WEEK	DATE	DAY	SESSION TYPE	DETAILS
1	2025-06-01	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
1	2025-06-02	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
1	2025-06-03	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 3 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
1	2025-06-04	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
1	2025-06-05	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
1	2025-06-06	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
1	2025-06-07	SATURDAY	LONG RUN	RUN 10 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
2	2025-06-08	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
2	2025-06-09	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
2	2025-06-10	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 4 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
2	2025-06-11	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
2	2025-06-12	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
2	2025-06-13	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
2	2025-06-14	SATURDAY	LONG RUN	RUN 12 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
3	2025-06-15	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
3	2025-06-16	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
3	2025-06-17	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 4 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
3	2025-06-18	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
3	2025-06-19	THURSDAY	INTERVAL RUN	7 X 800M FAST (10K PACE), 400M JOG BETWEEN.
3	2025-06-20	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
3	2025-06-21	SATURDAY	LONG RUN	RUN 14 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
4	2025-06-22	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
4	2025-06-23	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
4	2025-06-24	TUESDAY	HILL REPEATS	6-8 X 200-400M UPHILL RUNS WITH JOG BACK DOWN. BUILDS LEG STRENGTH.

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4	2025-06-25	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
4	2025-06-26	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
4	2025-06-27	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
4	2025-06-28	SATURDAY	LONG RUN	RUN 16 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
5	2025-06-29	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
5	2025-06-30	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
5	2025-07-01	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 5 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
5	2025-07-02	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
5	2025-07-03	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
5	2025-07-04	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
5	2025-07-05	SATURDAY	LONG RUN	RUN 18 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
6	2025-07-06	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
6	2025-07-07	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
6	2025-07-08	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 6 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
6	2025-07-09	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
6	2025-07-10	THURSDAY	INTERVAL RUN	10 X 800M FAST (10K PACE), 400M JOG BETWEEN.
6	2025-07-11	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
6	2025-07-12	SATURDAY	LONG RUN	RUN 20 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
7	2025-07-13	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
7	2025-07-14	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
7	2025-07-15	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 6 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
7	2025-07-16	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
7	2025-07-17	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
7	2025-07-18	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.

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7	2025-07-19	SATURDAY	LONG RUN	RUN 22 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
8	2025-07-20	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
8	2025-07-21	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
8	2025-07-22	TUESDAY	HILL REPEATS	6-8 X 200-400M UPHILL RUNS WITH JOG BACK DOWN. BUILDS LEG STRENGTH.
8	2025-07-23	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
8	2025-07-24	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
8	2025-07-25	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
8	2025-07-26	SATURDAY	LONG RUN	RUN 24 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
9	2025-07-27	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
9	2025-07-28	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
9	2025-07-29	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 7 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
9	2025-07-30	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
9	2025-07-31	THURSDAY	INTERVAL RUN	10 X 800M FAST (10K PACE), 400M JOG BETWEEN.
9	2025-08-01	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
9	2025-08-02	SATURDAY	LONG RUN	RUN 26 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
10	2025-08-03	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
10	2025-08-04	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
10	2025-08-05	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 8 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
10	2025-08-06	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
10	2025-08-07	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
10	2025-08-08	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
10	2025-08-09	SATURDAY	LONG RUN	RUN 28 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
11	2025-08-10	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
11	2025-08-11	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).

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WEEK	DATE	DAY	SESSION TYPE	DETAILS
11	2025-08-12	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 8 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
11	2025-08-13	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
11	2025-08-14	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
11	2025-08-15	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
11	2025-08-16	SATURDAY	LONG RUN	RUN 30 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
12	2025-08-17	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
12	2025-08-18	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
12	2025-08-19	TUESDAY	HILL REPEATS	6-8 X 200-400M UPHILL RUNS WITH JOG BACK DOWN. BUILDS LEG STRENGTH.
12	2025-08-20	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
12	2025-08-21	THURSDAY	INTERVAL RUN	10 X 800M FAST (10K PACE), 400M JOG BETWEEN.
12	2025-08-22	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
12	2025-08-23	SATURDAY	LONG RUN	RUN 32 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
13	2025-08-24	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
13	2025-08-25	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
13	2025-08-26	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 8 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
13	2025-08-27	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
13	2025-08-28	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
13	2025-08-29	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
13	2025-08-30	SATURDAY	LONG RUN	RUN 34 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
14	2025-08-31	SUNDAY	EASY RUNRUN	5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
14	2025-09-01	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
14	2025-09-02	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 8 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
14	2025-09-03	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
14	2025-09-04	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.

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WEEK	DATE	DAY	SESSION TYPE	DETAILS
14	2025-09-05	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
14	2025-09-06	SATURDAY	LONG RUN	RUN 34 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
15	2025-09-07	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
15	2025-09-08	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
15	2025-09-09	TUESDAY	TEMPO RUN	WARM UP 2 KM, RUN 8 KM AT 'COMFORTABLY HARD' PACE, COOL DOWN 2 KM.
15	2025-09-10	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
15	2025-09-11	THURSDAY	INTERVAL RUN	10 X 800M FAST (10K PACE), 400M JOG BETWEEN.
15	2025-09-12	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
15	2025-09-13	SATURDAY	LONG RUN	RUN 34 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.
16	2025-09-14	SUNDAY	EASY RUN	RUN 5-10 KM AT A RELAXED PACE. YOU SHOULD BE ABLE TO TALK WHILE RUNNING.
16	2025-09-15	MONDAY	STRENGTH/CORE	30-45 MIN CORE AND LEG STRENGTH (SQUATS, LUNGES, PLANKS, GLUTE BRIDGES).
16	2025-09-16	TUESDAY	HILL REPEATS	6-8 X 200-400M UPHILL RUNS WITH JOG BACK DOWN. BUILDS LEG STRENGTH.
16	2025-09-17	WEDNESDAY	REST	FULL REST OR GENTLE STRETCHING/WALK.
16	2025-09-18	THURSDAY	EASY RUN	RUN 5-8 KM AT EASY PACE. HELPS RECOVER AND BUILD AEROBIC BASE.
16	2025-09-19	FRIDAY	STRENGTH/CORE	CORE AND MOBILITY TRAINING. FOCUS ON INJURY PREVENTION.
16	2025-09-20	SATURDAY	LONG RUN	RUN 34 KM AT SLOW, STEADY PACE. PRACTICE HYDRATION AND FUELING.