

# 2026 Humana Kentucky Derby Festival Marathon

The Norton Sports Health program combines cross-training, mileage and rest in a 15-week training plan designed to help you adapt to the physical demands of a marathon. Use this plan as a visual guide to keep track of your progress.

JANUARY FEBRUARY MARCH APRIL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
<b>GET READY</b> Jan. 4 to 10					<b>Kickoff day!</b>	1 mi	8 a.m. SWG 6 mi
<b>WEEK 1</b> Jan. 11 to 17	Rest	3 mi	3 mi	6 p.m. NSP 5 mi	XT or 3 mi	1 mi	8 a.m. NSP 8 mi
<b>WEEK 2</b> Jan. 18 to 24	Rest or XT	3 mi	3 mi	6 p.m. NSP 6 mi	XT or 3 mi	1 mi	8 a.m. B4S 10 mi
<b>WEEK 3</b> Jan. 25 to 31	Rest or XT	4 mi	4 mi	6 p.m. NSP 6 mi	XT or 4 mi	1 mi	8 a.m. BCK 11 mi

<b>WEEK 4</b> Feb. 1 to 7	Rest or XT	3 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 4 mi	XT or 3 mi	1 mi	8 a.m. B4S 8 mi
<b>WEEK 5</b> Feb. 8 to 14	Rest or XT	4 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 6 mi	XT or 4 mi	1 mi	8 a.m. SWG 13 mi
<b>WEEK 6</b> Feb. 15 to 21	Rest or XT	4 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 6 mi	XT or 4 mi	1 mi	8 a.m. BCK 14 mi
<b>WEEK 7</b> Feb. 22 to 28	Rest or XT	5 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 6 mi	XT or 5 mi	1 mi	8 a.m. SEN 15 mi

<b>WEEK 8</b> March 1 to 7	Rest or XT	4 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 5 mi	XT or 4 mi	Rest	 5K + 13 mi
<b>WEEK 9</b> March 8 to 14	Rest or XT	5 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 6 mi	XT or 5 mi	1 mi	8 a.m. B4S 13 mi
<b>WEEK 10</b> March 15 to 21	Rest or XT	5 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 5 mi	XT or 5 mi	Rest	 10K + 10 mi
<b>WEEK 11</b> March 22 to 28	Rest or XT	5 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 7 mi	XT or 5 mi	1 mi	8 a.m. SEN 18 mi

<b>WEEK 12</b> March 29 to April 4	Rest or XT	5 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 7 mi	XT or 5 mi	Rest	 10 mi + 10 mi
<b>WEEK 13</b> April 5 to 11	Rest or XT	4 mi	6:30 p.m. Swags Speed Series	6 p.m. NSP 5 mi	XT or 4 mi	1 mi	8 a.m. SWG 12 mi
<b>WEEK 14</b> April 12 to 18	Rest or XT	3 mi	3 mi	6 p.m. NSP 3 mi	XT or 3 mi	1 mi	8 a.m. NSP 8 mi
<b>WEEK 15</b> April 19 to 25	Rest	4 mi	3 mi	3 mi	2 mi	Rest	 7 a.m. Race!



**XT** = Cross-train; see page 14 of the digital training manual for details.

 = Louisville Triple Crown of Running race (Separate registration required; no scheduled group run)  
See page 22 in the digital training manual for details.

**Swags Speed Series** is a 10-week series meeting at Iroquois Amphitheater in Iroquois Park Tuesdays at 6:30 p.m. for hill and speed work as a group. The address is 1080 Amphitheater Road, Louisville, KY 40214. If you want to do speed and hill work on your own time, you can find examples on page 26.

**Wednesday group runs** will take place from Norton Sports Health Performance & Wellness Center (NSP), Westport Plaza, Suite 129, 9451 Westport Road, Louisville, KY 40241

- Wednesday group runs start at 6 p.m. Routes will not be marked. Sample routes will be provided.
- An optional, 30-minute, guided strength and stretch session will be available after the group run.

**\*Saturday morning group run locations alternate:**

**BCK** = Beckley Creek Park, PwC Pavilion, 1411 Beckley Creek Parkway, Louisville, KY 40245

**B4S** = Big Four Station Park, 223 Pearl St., Jeffersonville, IN 47130 (Meet under the pavilion.)

**NSP** = Norton Sports Health Performance & Wellness Center, Westport Plaza, Suite 129, 9451 Westport Road, Louisville, KY 40241

**SEN** = Seneca Park, 3101 Rock Creek Drive, Louisville, KY 40207

**SWG** = Swags Sport Shoes South, 7415 Third Street Road, Louisville, KY 40214



Scan the QR code for the digital training manual.



Scan the QR code for the Facebook group.



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