

2026 Humana Kentucky Derby Festival miniMarathon

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 half-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* |
|----------------------------------|------------|--------|---------|--------------------|---------------------|--------|--------------------|
| GET READY Jan. 4 to 10 | | | | | Kickoff day! | Rest | 8 a.m. SWG 2 mi |
| WEEK 1 Jan. 11 to 17 | Rest | 2 mi | 2 mi | 6 p.m. NSP 2 mi | XT or 2 mi | Rest | 8 a.m. NSP 3 mi |
| WEEK 2 Jan. 18 to 24 | Rest or XT | 2 mi | 2 mi | 6 p.m. NSP 3 mi | XT or 2 mi | Rest | 8 a.m. B4S 4 mi |
| WEEK 3 Jan. 25 to 31 | Rest or XT | 3 mi | 2 mi | 6 p.m. NSP 3 mi | XT or 3 mi | Rest | 8 a.m. BCK 5 mi |

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

| | | | | | | | |
|----------------------------------|------------|------|------------------------------|--------------------|------------|------|--|
| WEEK 8 March 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 | Rest |  5K + 3 mi |
| WEEK 9 March 8 to 14 | Rest or XT | 4 mi | 6:30 p.m. Swags Speed Series | 6 p.m. NSP 5 mi | XT or 4 mi | Rest | 8 a.m. B4S 9 mi |
| WEEK 10 March 15 to 21 | Rest or XT | 4 mi | 6:30 p.m. Swags Speed Series | 6 p.m. NSP 5 mi | XT or 4 mi | Rest |  10K + 4 mi |
| WEEK 11 March 22 to 28 | Rest or XT | 3 mi | 6:30 p.m. Swags Speed Series | 6 p.m. NSP 4 mi | XT or 3 mi | Rest | 8 a.m. SEN 11 mi |

| | | | | | | | |
|---------------------------------------|------------|------|------------------------------|--------------------|------------|------|---|
| WEEK 12 March 29 to April 4 | Rest or XT | 4 mi | 6:30 p.m. Swags Speed Series | 6 p.m. NSP 5 mi | XT or 4 mi | Rest |  10 mi |
| WEEK 13 April 5 to 11 | Rest or XT | 5 mi | 6:30 p.m. Swags Speed Series | 6 p.m. NSP 6 mi | XT or 5 mi | Rest | 8 a.m. SWG 12 mi |
| WEEK 14 April 12 to 18 | Rest or XT | 4 mi | 3 mi | 6 p.m. NSP 3 mi | XT or 2 mi | Rest | 8 a.m. NSP 8 mi |
| WEEK 15 April 19 to 25 | Rest | 2 mi | 2 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.



NORTON
SPORTS HEALTH

NORTONHEALTHCARE.COM/KDFTRAINING

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* |
|----------------------------------|------------|--------|---------|--------------------|---------------------|--------|---------------------|
| GET READY Jan. 4 to 10 | | | | | Kickoff day! | 1 mi | 8 a.m. SWG 6 mi |
| WEEK 1 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 |
| WEEK 2 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 |
| WEEK 3 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 |

| | | | | | | | |
|--------------------------------|------------|------|------------------------------|--------------------|------------|------|---------------------|
| WEEK 4 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 |
| WEEK 5 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 |
| WEEK 6 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 |
| WEEK 7 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 |

| | | | | | | | |
|----------------------------------|------------|------|------------------------------|--------------------|------------|------|---|
| WEEK 8 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 |
| WEEK 9 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 |
| WEEK 10 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 |
| WEEK 11 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 |

| | | | | | | | |
|---------------------------------------|------------|------|------------------------------|--------------------|------------|------|---|
| WEEK 12 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 |
| WEEK 13 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 |
| WEEK 14 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 |
| WEEK 15 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.



NORTON
SPORTS HEALTH

NORTONHEALTHCARE.COM/KDFTRAINING