



2017-18 Winter Training Season

Race: 1/14/2018

Group Running & Events Calendar

Tuesday Group Runs (All 4-6 miles) Start at 6:15PM						Saturday LONG Runs (Mileage Varies) Start at 7:15AM					
Wk	Tuesday Date	Phase	Tuesday Run Location	Prerun Core Workout	Clinic	Saturday Date	Beg (min or miles)	Int (mi)	Adv (mi)	Long Run (Location)	Clinic
1	10/24/2017	Base Building General Aerobic Runs	Belmont Park (3099 Ocean Front Walk San Diego)	Orientation		10/28/2017	60	5	8	Balboa Park, Kate Sessions Statue (2498 Balboa Dr San Diego)	
2	10/31/2017		Liberty Station (2753 Cushing Rd San Diego)	6:00pm Core	Intro to Core Strength & Fitness	11/4/2017	70	6	10	Sunset Point (Dana Landing Rd San Diego)	Long Distance Running 101
3	11/7/2017		Sail Bay Run (Bonita Cove)	6:00pm Core		11/11/2017	80	7	11	New TRAIL RUNNING OPTION - PR Chasers Road Runner Sports (5549 Copley Dr.; SD, CA 92111)	Shoe Fit Clinic by Road Runner Sports
4	11/14/2017	Pace Race	S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core		11/18/2017	70 or 6.2	6.2	6.2	** 10k TIME TRIAL ** Sail Bay Out & Back (Crown Point)	Running Form & Effortless Running
5	11/21/2017	Cont. Base Building (BEG & INT) OR Specialty Runs (ADV)	Mission Bay Boardwalk (De Anza Cove)	6:00pm Core		11/25/2017	90	8	12	San Diego Bay 1 (Shelter Island)	Running Equipment & Accessories
6	11/28/2017		Belmont Park (3099 Ocean Front Walk San Diego)	6:00pm Core		12/2/2017	100	9	13	To La Jolla Cove (Abridged) (Crown Point)	Nutrition Clinic
7	12/5/2017		Liberty Station (2753 Cushing Rd San Diego)	6:00pm Core		12/9/2017	110	10	14	Sweat Test Carlsbad Course Run 1 (Magee Park Carlsbad)	
8	12/12/2017	Recovery	Sail Bay Run (Bonita Cove)	6:00pm Core		12/16/2017	80	8	8	Liberty Station Along Harbor Drive (Liberty Station) (San Diego Holiday Half 12/16/2017)	Sports Massage
9	12/19/2017	Specialty Runs and LONG Run	S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core		12/23/2017	120	11	15	New Optional Run Balboa Park plus bridge to Shelter Island (Balboa Park - 6th & Laurel)	None / Holiday
10	12/26/2017		S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core		12/30/2017	130	13	15	Along Bird Rock (La Jolla Shores / Kellogg Park)	Race Taper & Final Prep
11	1/2/2018	Taper and Race	S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core		1/6/2018	100	8.5	11	Carlsbad Course Run 2 (Camino Real Plaza) (San Diego Resolution Run 1/7/2018)	Race Review: Tips & Secrets to RaceDay & Race Info
12	1/9/2018		S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core	Final Race Info	1/13/2018	13.1	13.1	13.1	Mission Bay Boardwalk (De Anza Cove) Carlsbad Half Marathon (Sunday, 1/14/17)	



12 Week Half Marathon Training Schedule

Race: **1/14/2018**
Beginner (Interval Run/Walk) Program

Wk	Phase	Week Of	INT-A	INT-B	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base Building General Aerobic Runs	10/23/2017	4/1	4/6	Off	INT30	Off or W40	INT40	Off	INT60	Off
2		10/30/2017	4/1	4/6	W40	INT40	Off or W40	INT40	Off	INT70	Off
3		11/6/2017	3/2	4/6	W40	INT40	Off or W40	INT40	Off	INT80	Off
4	Pace Race	11/13/2017	3/2	4/6	W40	INT40	XT or INT40	INT40	Off	INT70 or 6.2TT	Off
5	Base Building General Aerobic Runs	11/20/2017	2/3	3/7	W50	INT50	XT or INT50	INT50	Off	INT90	Off
6		11/27/2017	2/3	3/7	INT50	INT50	XT or INT50	INT50	Off	INT100	Off
7		12/4/2017	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
8	Recovery	12/11/2017	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT80	Off
9	Final Build-up	12/18/2017	2/8	2/13	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT120	Off
10		12/25/2017	2/8	2/13	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT130	Off
11	Taper & Race	1/1/2018	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT100	Off
12		1/8/2018	1/9	1/14	INT60	INT40 + SRs	XT or INT50	INT50	J3	W30	RACE!!! 13.1

W = Walk (Brisk, Heart Moving Walk, not a stroll in the park)

E = Easy Run, Your general aerobic training runs

R = Recovery Run, Jog (Very, very easy run)

XT = Cross Train (Bike, Elliptical, Swim, Yoga, Pilates), Shown in XX MINUTES

INT = Tempo Interval Pace, "Comfortably Hard" during Run Phases

INTxx = Minutes. Do the interval defined in the appropriate column. WW/RR (Walk / Run)

Jog (Very easy run, even a "shuffle" during the first 6-8 weeks building phase)

Should include some walking stages (I.e. 1 min every 10)

For first race of year (1/2 marathon) you should plan on a 0.5-1/14.5-14 pace, or walk about 0.5-1 min every mile.



Race: **1/14/2018**

12 Week Half Marathon Training Schedule

Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	10/23/2017	Off	E3-4	Off or XT50	E4	Off	E5	Off	17
2		10/30/2017	E4	E4	Off or XT50	E4	Off	E6	Off	18
3		11/6/2017	E4	E4	Off or XT50	E4	Off	E7	Off	19
4	Pace Race	11/13/2017	E4	E4	Off or XT50	E4	Off	6.2TT	Off	18
5	Base Building General Aerobic Runs	11/20/2017	E4	E5	XT50	E5	Off	E8	Off	22.5
6		11/27/2017	E4	E5	XT50	E5	Off	E9	Off	25
7		12/4/2017	E4	E5	XT50	E5	Off	E10	Off	27
8	Recovery	12/11/2017	E4	E5	XT50	E5	Off	E8	Off	22
9	Long Run & Race Prep	12/18/2017	E5	E2 + LT3 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E11	Off	25
10		12/25/2017	E5	E2 + LT4 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E13	Off	29
11	Taper & Race	1/1/2018	E5	E2 + LT4	XT60	E6	Off	E8	Off	24
12		1/8/2018	E5	E4 + 6x100 Speed Repeats	Off	E5	J3	W30	RACE!!! 13.1	30.1

E = Easy Run, Your general aerobic training runs

R = Recovery Run, Jog (Very, very easy run)

XT = Cross Train (Bike, Elliptical, Swim, Yoga, Pilates), Shown in XX MINUTES

RJ = Recovery Jog, Near walk or shuffle, Rest Time, in between Interval training

TT = Time Trial = 10k "Pace Race" for time & Analysis

LT= Lactate Threshold Runs (Tempo)

VO2 = VO2Max Runs, Intervals, speed & strength building

H = Hills (Strength Building, VO2max runs, see above)

INT = Interval Training, usually during LT or VO2m runs



Race: **1/14/2018**
PR Chasers Program

12 Week Half Marathon Training Schedule

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base	10/23/2017	Off	E5	E5 or XT60	E6	Off	E8	Off	24
2		10/30/2017	E4 + 5xHRs	E5 + SRs	E5 or XT60	E6 + SRs	Off	E10	Off	31
3		11/6/2017	E5 + 6xHRs	E2 + 3x1mi@LT (1:00 RJ)	R5 or XT60	E6	Off	E11	Off or R4	37
4	Recovery+ Pace Race	11/13/2017	E5 + 7xHRs	E2 + 4x1mi@LT (1:00 RJ)	Off or XT60	E6	Off	6.2TT	Off or R4	28
5	Strength	11/20/2017	E6	E2 + LT4 = 6	R5 or XT60	E7	Off	E9 + LT3 = 12	Off or R4	40
6		11/27/2017	E6 + 8xHRs	E2 + LT4 = 6	R5 or XT60	E7	Off	E10 + LT3 = 13	Off or R4	42
7		12/4/2017	E6 + 8xHRs	E2 + LT5 = 7	R5 or XT60	E7	Off	E10 + LT4 = 14	Off or R4	44
8	Recovery	12/11/2017	E6	E7	Off or XT60	E7	Off	E8	Off	28
9	Specific Endurance	12/18/2017	E6 + 8xHRs	E2 + LT5 = 7	R6 or XT60	2x2mi@HMP (2:00 RJ)	Off	E15	Off or R4	46
10		12/25/2017	E7 + 8xHRs	E1 + LT6 (HMP)	R6 or XT60	E3 + 6x800m@5k (3:00 RJ)	Off	E11 + LT4 = 15	Off or R4	47
11	Taper & Race	1/1/2018	E7 + 8xHRs	E1 + LT6 (HMP)	R6 or XT60	3x2mi@HMP (2:00 RJ)	Off	E8 + LT3 = 11	Off or R4	43
12		1/8/2018	E5	E6 + SRs	E4 or XT45	E5	Off	R3	RACE!!! 13.1	36.1

E = Easy Run, general aerobic training runs

R = Recovery Run, Jog (Very, very easy run)

RJ = Recovery Jog, very slow, in between Interval training

TT = Time Trial = 10k "Pace Race" for time & Analysis

LT= Lactate Threshold Runs (Tempo), 92-95%MHR

HRs = Hill Repeats = 8sec sprints up a hill at 95%. Walk back, full recovery between repeats (Builds strength)

SRs = Strides = Increase speed then hold for 100m. Full recovery. Repeat 4-6 times.

INT = 6x1mi@HMP (1:00 RJ) = 6 repeats running 1 mile at Half Marathon Pace with 1 min of Recovery Jog (RJ) between repeats.



20 Week Half Marathon Training Schedule

Race: **3/11/2018**
Beginner (Interval Run/Walk) Program

Wk	Phase	Week Of	INT-A	INT-B	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base Building General Aerobic Runs	10/23/2017	4/1	4/6	Off	INT40	Off or W40	INT40	Off	INT60	Off
2		10/30/2017	4/1	4/6	W40	INT30	Off or W40	INT40	Off	INT70	Off
3		11/6/2017	4/1	4/6	W40	INT40	Off or W40	INT40	Off	INT80	Off
4	Pace Race	11/13/2017	3/2	4/6	W40	INT40	Off or W40	INT40	Off	INT70 or 6.2TT	Off
5	Base Building General Aerobic Runs	11/20/2017	3/2	4/6	W40	INT40	XT or INT40	INT40	Off	INT90	Off
6		11/27/2017	2/3	3/7	W50	INT50	XT or INT50	INT50	Off	INT100	Off
7		12/4/2017	2/3	3/7	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
8	Recovery	12/11/2017	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT80	Off
9	Base Building General Aerobic Runs	12/18/2017	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
10		12/25/2017	2/8	2/13	INT60	INT60	XT or INT60	INT60	Off	INT120	Off
11		1/1/2018	2/8	2/13	INT60	INT60	XT or INT60	INT60	Off	INT130	Off
12	Recovery	1/8/2018	1/9	1/14	INT60	INT60	XT or INT60	INT60	Off	INT90	CLSD Half
13	Specific Endurance & Long Runs	1/15/2018	1/9	1/14	INT60	INT60	XT or INT50	INT60	Off	INT120	Off
14		1/22/2018	1/9	1/14	INT60	INT60 @ INT	XT or INT50	INT70	Off	INT130	Off
15		1/29/2018	1/9	1/14	INT60	INT60 @ INT	XT or INT50	INT70	Off	INT140	Off
16	Recovery	2/5/2018	1/9	1/14	INT60	INT60 @ INT	XT or INT50	INT70	Off	INT90	Off
17	Tune-up	2/12/2018	1/9	1/14	INT60	INT60	XT or INT60	INT70	Off	INT140	Off
18		2/19/2018	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT70	Off	INT120	Off
19	Taper & Race	2/26/2018	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT90	Off
20		3/5/2018	1/9	1/14	INT50	INT40	Off	INT50	J3	W30	RACE!!

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INTxx = Minutes. Do the interval defined in the appropriate column. WW/RR (Walk / Run)

Jog (Very easy run, even a "shuffle" during the first 6-8 weeks building phase)

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BLACK FLAG
Running Club

Race: **3/11/2018**

20 Week Half Marathon Training Schedule

Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	10/23/2017	Off	E3-4	Rest or XT50	E4	Off	E5	Off	17
2		10/30/2017	E4	E3-4	Off or XT50	E4	Off	E5	Off	17
3		11/6/2017	E4	E4	Off or XT50	E4	Off	E6	Off	18
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7		12/4/2017	E4	E5	XT50	E5	Off	E9	Off	25
8	Recovery	12/11/2017	E4	E5	XT50	E5	Off	E8	Off	27
9	Specific Endurance	12/18/2017	E4	E2 + LT3 @ 1mi INT w/ 1:00min RJ	XT60	E5	Off	E9	Off	22
10		12/25/2017	E5	E2 + LT4 @ 1mi INT w/ 1:00min RJ	XT60	E5	Off	E10	Off	24
11		1/1/2018	E5	E2 + LT4	XT60	E5	Off	E11	Off	25
12	Recovery	1/8/2018	E5	E5	Off	E5	Off	E8	(CLSB Half)	26
13	Specific Endurance & Long Runs	1/15/2018	E5	E2 + LT4	XT60	E6	Off	E11	Off	23
14		1/22/2018	E5	E2 + LT4	XT60	E6	Off	E12	Off	28
15		1/29/2018	E5	E2 + LT4	XT60	E6	Off	E13	Off	29
16	Recovery	2/5/2018	E5	E5	XT60	E6	Off	E8	Off	30
17	Tune-up	2/12/2018	E5	E2 + LT4	XT60	E7	Off	E13	Off	24
18		2/19/2018	E6	E2 + LT4	XT60	E7	Off	E11	Off	32
19	Taper & Race	2/26/2018	E6	E6	XT60	E7	Off	E8	Off	27
20		3/5/2018	E5	E4	Off	E5	E3 or Off	Off or E2	RACE!	30.1

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