



2019-20 Winter Training Season

Race:

1/19/2020

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	Happy Hour	Saturday Date	Beg (min or miles)	Int (mi)	Adv (mi)	Long Run (Location)	Coffee Hour	Clinic
1	10/29/2019	Base Building General Aerobic Runs	Liberty Station (2753 Cushing Rd San Diego)	Orientation	Public Market	11/2/2019	60	5	8	Mission Bay at (De Anza Cove) 2750 De Anza Rd San Diego CA	Bruegger's Bagels 1886 Garnet Ave San Diego CA	Social Event Redwing @ 7:15pm
2	11/5/2019		Mission Bay at (De Anza Cove) 2750 De Anza Rd San Diego CA	6:00pm Core	High Dive	11/9/2019	70	6	10	Liberty Station (2753 Cushing Rd San Diego)	Public Market	Long Distance Running 101
3	11/12/2019		Sail Bay Run (Bonita Cove)	6:00pm Core	Sand Bar & Grill	11/16/2019	80	7	11	Road Runner Sports (Solana Beach) (211 N. Highway 101 Solana Beach, CA)	T's Café 271 N Hwy 101 Solana Beach CA	Shoe Fit Clinic by Road Runner Sports
4	11/19/2019	Pace Race	S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core	Beachcomer	11/23/2019	70 or 6.2	6.2	6.2	** 10k TIME TRIAL ** Sail Bay Out & Back (Crown Point)	Crown Point Coffee 3510 Ingraham St San Diegl CA	Running Form & Effortless Running
5	11/26/2019	Cont. Base Building (BEG & INT) OR Specialty Runs (ADV)	Mission Bay Boardwalk (De Anza Cove)	6:00pm Core	Hign Dive	11/30/2019	90	8	12	San Diego Bay 1 (Shelter Island)	Jennings House Café 1018 Rosecrans St	Running Equipment & Accessories
6	12/3/2019		Belmont Park (3099 Ocean Front Walk San Diego)	6:00pm Core	The Draft	12/7/2019	100	9	13	To La Jolla Cove (Abridged) (Crown Point)	Crown Point Coffee 3510 Ingraham St San Diegl CA	Nutrition Clinic
7	12/10/2019		Liberty Station (2753 Cushing Rd San Diego)	6:00pm Core	Public Market	12/14/2019	110	10	14	Sweat Test Carlsbad Course Run 1 (Magee Park Carlsbad)	French Corner Bakery	Holiday Party Trailer Park After Dark @ 7:15pm
8	12/17/2019	Recovery	County Admin Building	6:00pm Core	Waterfront Bar & Grill	12/21/2019	80	8	8	Liberty Station Along Harbor Drive (Liberty Station) (San Diego Holiday Half 12/21/2019)	Public Market	Sports Massage
9	12/24/2019	Specialty Runs and LONG Run	Monday Run 12/23/19 S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core	Beachcomer	12/28/2019	120	11	15	Balboa Park plus bridge to Shelter Island (Balboa Park - 6th & Laurel)	WestBean Coffee 2550 Fifth Ave San Diego	None / Holiday
10	12/31/2019		Monday Run 12/30/19 Mission Bay Boardwalk (De Anza Cove)	6:00pm Core	Offshore Tavern & Grill	1/4/2020	130	13	15	Along Bird Rock (La Jolla Shores / Kellogg Park)	Brick & Bell Café 928 Silverado ST La Jolla CA 92037	Race Taper & Final Prep
11	1/7/2020	Taper and Race	Liberty Station (2753 Cushing Rd San Diego)	6:00pm Core	Public Market	1/11/2020	100	8.5	11	Carlsbad Course Run 2 (Camino Real Plaza) (San Diego Resolution Run 1/12/2020)	Panera Bread Shops at Carlsbad	Race Review: Tips & Secrets to RaceDay & Race Info
12	1/14/2020		S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core	Final Race Info Beachcomer	1/18/2020	13.1	13.1	13.1	Carlsbad Half Marathon (Sunday, 1/19/2020)		



CARLSBAD HALF MARATHON

Race: **1/19/2020**

Beginner (Interval Run/Walk) Program

12 Week Half Marathon Training Schedule

Wk	Phase	Week Of	INT-A	INT-B	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base Building General Aerobic Runs	10/28/2019	4/1	4/6	Off	INT30	Off or W40	INT40	Off	INT60	Off
2		11/4/2019	4/1	4/6	W40	INT40	Off or W40	INT40	Off	INT70	Off
3		11/11/2019	3/2	4/6	W40	INT40	Off or W40	INT40	Off	INT80	Off
4	Pace Race	11/18/2019	3/2	4/6	W40	INT40	XT or INT40	INT40	Off	INT70 or 6.2TT	Off
5	Base Building General Aerobic Runs	11/25/2019	2/3	3/7	W50	INT50	XT or INT50	INT50	Off	INT90	Off
6		12/2/2019	2/3	3/7	INT50	INT50	XT or INT50	INT50	Off	INT100	Off
7		12/9/2019	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
8	Recovery	12/16/2019	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT80	Off
9	Final Build-up	12/23/2019	2/8	2/13	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT120	Off
10		12/30/2019	2/8	2/13	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT130	Off
11	Taper & Race	1/6/2020	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT100	Off
12		1/13/2020	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.



CARLSBAD HALF MARATHON

Race: 1/19/2020

Intermediate Running Program

12 Week Half Marathon Training Schedule

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	10/28/2019	Off	E3-4	Off or XT50	E4	Off	E5	Off	17
2		11/4/2019	E4	E4	Off or XT50	E4	Off	E6	Off	18
3		11/11/2019	E4	E4	Off or XT50	E4	Off	E7	Off	19
4	Pace Race	11/18/2019	E4	E4	Off or XT50	E4	Off	6.2TT	Off	18
5	Base Building General Aerobic Runs	11/25/2019	E4	E5	XT50	E5	Off	E8	Off	22.5
6		12/2/2019	E4	E5	XT50	E5	Off	E9	Off	25
7		12/9/2019	E4	E5	XT50	E5	Off	E10	Off	27
8	Recovery	12/16/2019	E4	E5	XT50	E5	Off	E8	Off	22
9	Long Run & Race Prep	12/23/2019	E5	E2 + LT3 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E11	Off	25
10		12/30/2019	E5	E2 + LT4 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E13	Off	29
11	Taper & Race	1/6/2020	E5	E2 + LT4	XT60	E6	Off	E8	Off	24
12		1/13/2020	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



CARLSBAD HALF MARATHON

Race: 1/19/2020

PR Chasers Program

12 Week Half Marathon Training Schedule

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base	10/28/2019	Off	E5	E5 or XT60	E6	Off	E8	Off	24
2		11/4/2019	E4 + 5xHRs	E5 + SRs	E5 or XT60	E6 + SRs	Off	E10	Off	31
3		11/11/2019	E5 + 6xHRs	E2 + 3x1mi@LT (1:00 RJ)	R5 or XT60	E6	Off	E11	Off or R4	37
4	Recovery+ Pace Race	11/18/2019	E5 + 7xHRs	E2 + 4x1mi@LT (1:00 RJ)	Off or XT60	E6	Off	6.2TT	Off or R4	28
5	Strength	11/25/2019	E6	E2 + LT4 = 6	R5 or XT60	E7	Off	E9 + LT3 = 12	Off or R4	40
6		12/2/2019	E6 + 8xHRs	E2 + LT4 = 6	R5 or XT60	E7	Off	E10 + LT3 = 13	Off or R4	42
7		12/9/2019	E6 + 8xHRs	E2 + LT5 = 7	R5 or XT60	E7	Off	E10 + LT4 = 14	Off or R4	44
8	Recovery	12/16/2019	E6	E7	Off or XT60	E7	Off	E8	Off	28
9	Specific Endurance	12/23/2019	E6 + 8xHRs	E2 + LT5 = 7	R6 or XT60	E3 + 2x2mi@HMP (2:00 RJ)	Off	E15	Off or R4	46
10		12/30/2019	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	1/6/2020	E7 + 8xHRs	E1 + LT6 (HMP)	R6 or XT60	E1 + 3x2mi@HMP (2:00 RJ)	Off	E8 + LT3 = 11	Off or R4	43
12		1/13/2020	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.



SD HALF MARATHON

Race: **3/15/2020**

20 Week Half Marathon Training Schedule

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	10/28/2019	4/1	4/6	Off	INT40	Off or W40	INT40	Off	INT60	Off
2		11/4/2019	4/1	4/6	W40	INT30	Off or W40	INT40	Off	INT70	Off
3		11/11/2019	4/1	4/6	W40	INT40	Off or W40	INT40	Off	INT80	Off
4	Pace Race	11/18/2019	3/2	4/6	W40	INT40	Off or W40	INT40	Off	INT70 or 6.2TT	Off
5	Base Building General Aerobic Runs	11/25/2019	3/2	4/6	W40	INT40	XT or INT40	INT40	Off	INT90	Off
6		12/2/2019	2/3	3/7	W50	INT50	XT or INT50	INT50	Off	INT100	Off
7		12/9/2019	2/3	3/7	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
8	Recovery	12/16/2019	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT80	Off
9	Base Building General Aerobic Runs	12/23/2019	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
10		12/30/2019	2/8	2/13	INT60	INT60	XT or INT60	INT60	Off	INT120	Off
11		1/6/2020	2/8	2/13	INT60	INT60	XT or INT60	INT60	Off	INT130	Off
12	Recovery	1/13/2020	1/9	1/14	INT60	INT60	XT or INT60	INT60	Off	INT90	Off
13	Specific Endurance & Long Runs	1/20/2020	1/9	1/14	INT60	INT60	XT or INT50	INT60	Off	INT120	CLSB Half
14		1/27/2020	1/9	1/14	INT60	INT60 @ INT	XT or INT50	INT70	Off	INT130	Off
15		2/3/2020	1/9	1/14	INT60	INT60 @ INT	XT or INT50	INT70	Off	INT140	Off
16	Recovery	2/10/2020	1/9	1/14	INT60	INT60 @ INT	XT or INT50	INT70	Off	INT90	Off
17	Tune-up	2/17/2020	1/9	1/14	INT60	INT60	XT or INT60	INT70	Off	INT140	Off
18		2/24/2020	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT70	Off	INT120	Off
19	Taper & Race	3/2/2020	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT90	Off
20		3/9/2020	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)

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.

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1	Base Building General Aerobic Runs	10/28/2019	Off	E3-4	Rest or XT50	E4	Off	E5	Off	17
2		11/4/2019	E4	E3-4	Off or XT50	E4	Off	E5	Off	17
3		11/11/2019	E4	E4	Off or XT50	E4	Off	E6	Off	18
4	Pace Race	11/18/2019	E4	E4	Off or XT50	E4	Off	6.2TT	Off	19
5	Base Building General Aerobic Runs	11/25/2019	E4	E5	XT50	E5	Off	E7	Off	18
6		12/2/2019	E4	E5	XT50	E5	Off	E8	Off	22.5
7		12/9/2019	E4	E5	XT50	E5	Off	E9	Off	25
8	Recovery	12/16/2019	E4	E5	XT50	E5	Off	E8	Off	27
9	Specific Endurance	12/23/2019	E4	E2 + LT3 @ 1mi INT w/ 1:00min RJ	XT60	E5	Off	E9	Off	22
10		12/30/2019	E5	E2 + LT4 @ 1mi INT w/ 1:00min RJ	XT60	E5	Off	E10	Off	24
11		1/6/2020	E5	E2 + LT4	XT60	E5	Off	E11	Off	25
12	Recovery	1/13/2020	E5	E5	Off	E5	Off	E8	Off	26
13	Specific Endurance & Long Runs	1/20/2020	E5	E2 + LT4	XT60	E6	Off	E11	(CLSB Half)	23
14		1/27/2020	E5	E2 + LT4	XT60	E6	Off	E12	Off	28
15		2/3/2020	E5	E2 + LT4	XT60	E6	Off	E13	Off	29
16	Recovery	2/10/2020	E5	E5	XT60	E6	Off	E8	Off	30
17	Tune-up	2/17/2020	E5	E2 + LT4	XT60	E7	Off	E13	Off	24
18		2/24/2020	E6	E2 + LT4	XT60	E7	Off	E11	Off	32
19	Taper & Race	3/2/2020	E6	E6	XT60	E7	Off	E8	Off	27
20		3/9/2020	E5	E4	Off	E5	E3 or Off	Off or E2	RACE!	30.1

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