BLACK FLAG
Running Club

Race: 1/20/2019

2018-19 Winter Training Season

Group Running & Events Calendar

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
			Tuesday Group Runs (All 4-6 miles) Start at 6:15PM			**Saturday LONG Runs (Mileage Varies) Start at 7:15AM**					
1	10/30/2018	Base Building General Aerobic Runs	Liberty Station (2753 Cushing Rd San Diego)	Orientation		11/3/2018	60	5	8	Mission Bay Boardwalk (De Anza Cove - 2750 De Anza Cove)	
2	11/6/2018		Belmont Park (3099 Ocean Front Walk San Diego)	6:00pm Core	Intro to Core Strength & Fitness	11/10/2018	70	6	10	Balboa Park, Kate Sessions Statue (2498 Balboa Dr San Diego)	Long Distance Running 101
3	11/13/2018		Sail Bay Run (Bonita Cove)	6:00pm Core		11/17/2018	80	7	11	New TRAIL RUNNING OPTION - PR Chasers Road Runner Sports (211 N. Highway 101 Solana Beach, CA)	Shoe Fit Clinic by Road Runner Sports
4	11/20/2018	Pace Race	S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core		11/24/2018	70 or 6.2	6.2	6.2	** 10k TIME TRIAL ** Sail Bay Out & Back (Crown Point)	Running Form & Effortless Running
5	11/27/2018	Cont. Base Building (BEG & INT) OR Specialty Runs (ADV)	Mission Bay Boardwalk (De Anza Cove)	6:00pm Core		12/1/2018	90	8	12	San Diego Bay 1 (Shelter Island)	Running Equipment & Accessories
6	12/4/2018		Belmont Park (3099 Ocean Front Walk San Diego)	6:00pm Core		12/8/2018	100	9	13	To La Jolla Cove (Abridged) (Crown Point)	Nutrition Clinic
7	12/11/2018		Liberty Station (2753 Cushing Rd San Diego)	6:00pm Core		12/15/2018	110	10	14	Sweat Test Carlsbad Course Run 1 (Magee Park Carlsbad) (San Diego Holiday Half 12/15/2017)	
8	12/18/2018	Recovery	County Admin Building	6:00pm Core		12/22/2018	80	8	8	Liberty Station Along Harbor Drive (Liberty Station)	Sports Massage
9	12/25/2018	Specialty Runs and LONG Run	S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core		12/29/2018	120	11	15	Balboa Park plus bridge to Shelter Island (Balboa Park - 6th & Laurel)	None / Holiday
10	1/1/2019		Mission Bay Boardwalk (De Anza Cove)	6:00pm Core		1/5/2019	130	13	15	Along Bird Rock (La Jolla Shores / Kellogg Park)	Race Taper & Final Prep
11	1/8/2019	Taper and Race	Liberty Station (2753 Cushing Rd San Diego)	6:00pm Core		1/12/2019	100	8.5	11	Carlsbad Course Run 2 (Camino Real Plaza) (San Diego Resolution Run 1/13/2019)	Race Review: Tips & Secrets to RaceDay & Race Info
12	1/15/2019		S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core	Final Race Info	1/19/2019	13.1	13.1	13.1	Carlsbad Half Marathon (Sunday, 1/20/2019)	

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12 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	10/29/2018	4/1	4/6	Off	INT30	Off or W40	INT40	Off	INT60	Off
2	Base Building General Aerobic Runs	11/5/2018	4/1	4/6	W40	INT40	Off or W40	INT40	Off	INT70	Off
3	Base Building General Aerobic Runs	11/12/2018	3/2	4/6	W40	INT40	Off or W40	INT40	Off	INT80	Off
4	Pace Race	11/19/2018	3/2	4/6	W40	INT40	XT or INT40	INT40	Off	INT70 or 6.2TT	Off
5	Base Building General Aerobic Runs	11/26/2018	2/3	3/7	W50	INT50	XT or INT50	INT50	Off	INT90	Off
6	Base Building General Aerobic Runs	12/3/2018	2/3	3/7	INT50	INT50	XT or INT50	INT50	Off	INT100	Off
7	Base Building General Aerobic Runs	12/10/2018	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
8	Recovery	12/17/2018	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT80	Off
9	Final Build-up	12/24/2018	2/8	2/13	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT120	Off
10	Final Build-up	12/31/2018	2/8	2/13	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT130	Off
11	Taper & Race	1/7/2019	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT100	Off
12	Taper & Race	1/14/2019	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 appropiate 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.

Version 1: As of 10/28/2019

BLACK FLAG
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12 Week Half Marathon Training Schedule

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	10/29/2018	Off	E3-4	Off or XT50	E4	Off	E5	Off	17
2		11/5/2018	E4	E4	Off or XT50	E4	Off	E6	Off	18
3		11/12/2018	E4	E4	Off or XT50	E4	Off	E7	Off	19
4	Pace Race	11/19/2018	E4	E4	Off or XT50	E4	Off	6.2TT	Off	18
5	Base Building General Aerobic Runs	11/26/2018	E4	E5	XT50	E5	Off	E8	Off	22.5
6		12/3/2018	E4	E5	XT50	E5	Off	E9	Off	25
7		12/10/2018	E4	E5	XT50	E5	Off	E10	Off	27
8	Recovery	12/17/2018	E4	E5	XT50	E5	Off	E8	Off	22
9	Long Run & Race Prep	12/24/2018	E5	E2 + LT3 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E11	Off	25
10		12/31/2018	E5	E2 + LT4 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E13	Off	29
11	Taper & Race	1/7/2019	E5	E2 + LT4	XT60	E6	Off	E8	Off	24
12		1/14/2019	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, V02max runs, see above)

INT = Interval Training, usually during LT or V02m runs

Version 1: As of 10/28/2019

BLACK FLAG
Running Club

12 Week Half Marathon Training Schedule

Race: 1/20/2019

PR Chasers Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base	10/29/2018	Off	E5	E5 or XT60	E6	Off	E8	Off	24
2		11/5/2018	E4 + 5xHRs	E5 + SRs	E5 or XT60	E6 + SRs	Off	E10	Off	31
3		11/12/2018	E5 + 6xHRs	E2 + 3x1mi@LT (1:00 RJ)	R5 or XT60	E6	Off	E11	Off or R4	37
4	Recovery+ Pace Race	11/19/2018	E5 + 7xHRs	E2 + 4x1mi@LT (1:00 RJ)	Off or XT60	E6	Off	6.2TT	Off or R4	28
5	Strength	11/26/2018	E6	E2 + LT4 = 6	R5 or XT60	E7	Off	E9 + LT3 = 12	Off or R4	40
6		12/3/2018	E6 + 8xHRs	E2 + LT4 = 6	R5 or XT60	E7	Off	E10 + LT3 = 13	Off or R4	42
7		12/10/2018	E6 + 8xHRs	E2 + LT5 = 7	R5 or XT60	E7	Off	E10 + LT4 = 14	Off or R4	44
8	Recovery	12/17/2018	E6	E7	Off or XT60	E7	Off	E8	Off	28
9	Specific Endurance	12/24/2018	E6 + 8xHRs	E2 + LT5 = 7	R6 or XT60	E3 + 2x2mi@HMP (2:00 RJ)	Off	E15	Off or R4	46
10		12/31/2018	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	1/7/2019	E7 + 8xHRs	E1 + LT6 (HMP)	R6 or XT60	E1 + 3x2mi@HMP (2:00 RJ)	Off	E8 + LT3 = 11	Off or R4	43
12		1/14/2019	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.

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19 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	10/29/2018	4/1	4/6	W40	INT30	Off or W40	INT40	Off	INT70	Off
2	Base Building General Aerobic	11/5/2018	4/1	4/6	W40	INT40	Off or W40	INT40	Off	INT80	Off
3	Pace Race	11/12/2018	3/2	4/6	W40	INT40	Off or W40	INT40	Off	INT70 or 6.2TT	Off
4	Base Building General Aerobic Runs	11/19/2018	3/2	4/6	W40	INT40	XT or INT40	INT40	Off	INT90	Off
5	Base Building General Aerobic Runs	11/26/2018	2/3	3/7	W50	INT50	XT or INT50	INT50	Off	INT100	Off
6	Base Building General Aerobic Runs	12/3/2018	2/3	3/7	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
7	Recovery	12/10/2018	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT80	Off
8	Base Building General Aerobic Runs	12/17/2018	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
9	Base Building General Aerobic Runs	12/24/2018	2/8	2/13	INT60	INT60	XT or INT60	INT60	Off	INT120	Off
10	Base Building General Aerobic Runs	12/31/2018	2/8	2/13	INT60	INT60	XT or INT60	INT60	Off	INT130	Off
11	Recovery	1/7/2019	1/9	1/14	INT60	INT60	XT or INT60	INT60	Off	INT90	**Off**
12	Specific Endurance & Long Runs	1/14/2019	1/9	1/14	INT60	INT60	XT or INT50	INT60	Off	INT120	**CLSBD Half**
13	Specific Endurance & Long Runs	1/21/2019	1/9	1/14	INT60	INT60 @ INT	XT or INT50	INT70	Off	INT130	Off
14	Specific Endurance & Long Runs	1/28/2019	1/9	1/14	INT60	INT60 @ INT	XT or INT50	INT70	Off	INT140	Off
15	Recovery	2/4/2019	1/9	1/14	INT60	INT60 @ INT	XT or INT50	INT70	Off	INT90	Off
16	Tune-up	2/11/2019	1/9	1/14	INT60	INT60	XT or INT60	INT70	Off	INT140	Off
17	Tune-up	2/18/2019	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT70	Off	INT120	Off
18	Taper & Race	2/25/2019	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT90	Off
19	Taper & Race	3/4/2019	1/9	1/14	INT50	INT40	Off	INT50	J3	W30	**RACE!!**

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 appropiate 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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19 Week Half Marathon Training Schedule

Race: **3/10/2019**

Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic	10/29/2018	E4	E3-4	Off or XT50	E4	Off	E5	Off	17
2		11/5/2018	E4	E4	Off or XT50	E4	Off	E6	Off	18
3	Pace Race	11/12/2018	E4	E4	Off or XT50	E4	Off	6.2TT	Off	19
4	Base Building General Aerobic Runs	11/19/2018	E4	E5	XT50	E5	Off	E7	Off	18
5		11/26/2018	E4	E5	XT50	E5	Off	E8	Off	22.5
6		12/3/2018	E4	E5	XT50	E5	Off	E9	Off	25
7	Recovery	12/10/2018	E4	E5	XT50	E5	Off	E8	Off	27
8	Specifc Endurance	12/17/2018	E4	E2 + LT3 @ 1mi INT w/ 1:00min RJ	XT60	E5	Off	E9	Off	22
9		12/24/2018	E5	E2 + LT4 @ 1mi INT w/ 1:00min RJ	XT60	E5	Off	E10	Off	24
10		12/31/2018	E5	E2 + LT4	XT60	E5	Off	E11	Off	25
11	Recovery	1/7/2019	E5	E5	Off	E5	Off	E8	**Off**	26
12	Specifc Endurance & Long Runs	1/14/2019	E5	E2 + LT4	XT60	E6	Off	E11	**(CLSBD Half)**	23
13		1/21/2019	E5	E2 + LT4	XT60	E6	Off	E12	Off	28
14		1/28/2019	E5	E2 + LT4	XT60	E6	Off	E13	Off	29
15	Recovery	2/4/2019	E5	E5	XT60	E6	Off	E8	Off	30
16	Tune-up	2/11/2019	E5	E2 + LT4	XT60	E7	Off	E13	Off	24
17		2/18/2019	E6	E2 + LT4	XT60	E7	Off	E11	Off	32
18	Taper & Race	2/25/2019	E6	E6	XT60	E7	Off	E8	Off	27
19		3/4/2019	E5	E4	Off	E5	E3 or Off	Off or E2	**RACE!**	30.1

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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, V02max runs, see above)

INT = Interval Training, usually during LT or V02m runs

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