

2021-22 Winter Training Season

Race: 1/16/2022

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	11/2/2021	Base Building General Aerobic Runs	Bonita Cove: 907 W Mission Bay Dr	6:00pm Core	Intro to Core Strength & Fitness	11/6/2021	60	5	8	Hospitality Point 1400 Quivira Way	Long Distance Running 101
2	11/9/2021		Bonita Cove: 907 W Mission Bay Dr	6:00pm Core		11/13/2021	70	6	9	Bonita Cove: 907 W Mission Bay Dr	
3	11/16/2021		Sail Bay Run (Bonita Cove)	6:00pm Core		11/20/2021	80	7	10	Road Runner Sports (211 N. Highway 101 Solana Beach, CA)	Shoe Fit Clinic by Road Runner Sports
4	11/23/2021	Cont. Base Building (BEG & INT) Specialty Runs (ADV) OR Recovery	Mission Bay Boardwalk (De Anza Cove)	6:00pm Core		11/27/2021	90	8	12	San Diego Bay 1 (Shelter Island)	
5	11/30/2021		Belmont Park (3099 Ocean Front Walk San Diego)	6:00pm Core		12/4/2021	100	9	13	To La Jolla Cove (Abridged) (Crown Point)	Black Flag Holiday Party Tentative
6	12/7/2021		Liberty Station (2753 Cushing Rd San Diego)	6:00pm Core		12/11/2021	110	10	14	Carlsbad Course Run 1 (Magee Park Carlsbad) (Santa Run 12/11/2022)	
7	12/14/2021	Specialty Runs and LONG Run	County Admin Building	6:00pm Core		12/18/2021	80	8	8	Liberty Station Along Harbor Drive (Liberty Station) (San Diego Holiday Half 12/18/2022)	
8	12/21/2021		S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core		12/25/2021	120	11	15	RUN IS ON SUNDAY 12/26/21 Balboa Park plus bridge to Shelter Island (Balboa Park - 6th & Laurel)	
9	12/28/2021		Mission Bay Boardwalk (De Anza Cove)	6:00pm Core		1/1/2022	130	13	15	RUN IS ON SUNDAY 1/2/21 Along Bird Rock	Race Taper & Final Prep
10	1/4/2022	Taper and Race	Liberty Station (2753 Cushing Rd San Diego)	6:00pm Core		1/8/2022	100	8.5	11		Race Review: Tips & Secrets to RaceDay & Race Info
11	1/11/2022		S. Mission Boardwalk (S. Mission Pkg Lot)	6:00pm Core	Final Race Info	1/15/2022	13.1	13.1	13.1	Carlsbad Half Marathon (Sunday, 1/16/2022)	



Race:

1/16/2022

11 Week - 5K & 10K Training Program

Interval (Walk/Run) Training Program

Wk	Phase	Week Of	INT-A	INT-B	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Easy Walk / Moderate Walk	11/1/2021	4/1	4/6	WM 20	Int - 20 min	Rest or XT20	Int - 20 min	Rest	Int - 25 min	Rest
2	Moderate Walk / Hard Walk	11/8/2021	4/1	4/6	WM 20	Int - 20 min	Rest or XT20	Int - 20 min	Rest	Int - 30 min	Rest
3	Moderate Walk / Easy Run (Jog)	11/15/2021	3/2	4/6	WM 20	Int - 20 min	Rest or XT25	Int - 20 min	Rest	Int - 35 min	Rest
4	Easy Walk / Moderate Walk	11/22/2021	3/2	4/6	WM 30	Int - 30 min	XT25	Int - 30 min	Rest	Int - 30 min	Rest
5	Moderate Walk / Hard Walk	11/29/2021	2/3	3/7	WM 30	Int - 30 min	XT30	Int - 30 min	Rest	Int - 35 min	Rest
6	Moderate Walk / Easy Run (Jog)	12/6/2021	2/3	3/7	WM 30	Int - 30 min	XT35	Int - 30 min	Rest	Int - 40 min	5K Ready
7	Easy Walk / Moderate Walk	12/13/2021	1/4	2/8	WM 40	Int - 40 min	XT40	Int - 40 min	Rest	Int - 45 min	Rest
8	Moderate Walk / Hard Walk	12/20/2021	1/4	2/8	WM 40	Int - 40 min	XT50	Int - 40 min	Rest	Int - 40 min	Rest
9	Moderate Walk / Easy Run (Jog)	12/27/2021	2/8	2/13	WM 40	Int - 40 min	XT60	Int - 40 min	Rest	Int - 50 min	Rest
10	Moderate Walk / Easy Run (Jog)	1/3/2022	1/9	1/14	WM 50	Int - 50 min	XT60	Int - 50 min	Rest	Int - 60 min	Rest
11	Moderate Walk / Easy Run (Jog)	1/10/2022	1/9	1/14	WM 50	Int - 60 min	Off	Int - 60 min	Rest	Rest Day if you're racing Int - 70 min	10K Ready

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WE = Easy Walk (Brisk walk , Heart Moving Walk)

WM = Walk Moderate(Walking w/ Intention, Heart Moving Walk)

WH = Walk Hard (Fast Walk, Walk like you are late to be someplace)

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

E = Easy Run, general aerobic training runs

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)

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



11 Week Half Marathon Training Schedule

Race: **1/16/2022**
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	11/1/2021	4/1	4/6	W40	INT40	Off or W40	INT40	Off	INT60	Off
2		11/8/2021	4/1	4/6	W40	INT40	Off or W40	INT40	Off	INT70	Off
3	Pace Race	11/15/2021	3/2	4/6	W40	INT40	XT or INT40	INT40	Off	INT80	Off
4	Base Building General Aerobic Runs	11/22/2021	3/2	4/6	W50	INT50	XT or INT50	INT50	Off	INT90	Off
5		11/29/2021	2/3	3/7	INT50	INT50	XT or INT50	INT50	Off	INT100	Off
6		12/6/2021	2/3	3/7	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
7	Recovery	12/13/2021	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT80	Off
8	Final Build-up	12/20/2021	1/4	2/8	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT120	Off
9		12/27/2021	2/8	2/13	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT130	Off
10	Taper & Race	1/3/2022	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT100	Off
11		1/10/2022	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.



11 Week Half Marathon Training Schedule

Race: **1/16/2022**
Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	11/1/2021	E4	E4	Off or XT50	E4	Off	E5	Off	18
2		11/8/2021	E4	E4	Off or XT50	E4	Off	E6	Off	19
3	Pace Race	11/15/2021	E4	E4	Off or XT50	E4	Off	E7	Off	18
4	Base Building General Aerobic Runs	11/22/2021	E4	E5	XT50	E5	Off	E8	Off	22.5
5		11/29/2021	E4	E5	XT50	E5	Off	E9	Off	25
6		12/6/2021	E4	E5	XT50	E5	Off	E10	Off	27
7	Recovery	12/13/2021	E4	E5	XT50	E5	Off	E8	Off	22
8	Long Run & Race Prep	12/20/2021	E5	E2 + LT3 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E11	Off	25
9		12/27/2021	E5	E2 + LT4 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E13	Off	29
10	Taper & Race	1/3/2022	E5	E2 + LT4	XT60	E6	Off	E8	Off	24
11		1/10/2022	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



11 Week Half Marathon Training Schedule

Race: **1/16/2022**

PR Chasers Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base	11/1/2021	E4 + 5xHRs	E5 + SRs	E5 or XT60	E6 + SRs	Off	E8	Off	31
2		11/8/2021	E5 + 6xHRs	E2 + 3x1mi@LT (1:00 RJ)	R5 or XT60	E6	Off	E9	Off or R4	37
3	Recovery+ Pace Race	11/15/2021	E5 + 7xHRs	E2 + 4x1mi@LT (1:00 RJ)	Off or XT60	E6	Off	E10	Off or R4	28
4	Strength	11/22/2021	E6	E2 + LT4 = 6	R5 or XT60	E7	Off	E9 + LT3 = 12	Off or R4	40
5		11/29/2021	E6 + 8xHRs	E2 + LT4 = 6	R5 or XT60	E7	Off	E10 + LT3 = 13	Off or R4	42
6		12/6/2021	E6 + 8xHRs	E2 + LT5 = 7	R5 or XT60	E7	Off	E10 + LT4 = 14	Off or R4	44
7	Recovery	12/13/2021	E6	E7	Off or XT60	E7	Off	E8	Off	28
8	Specific Endurance	12/20/2021	E6 + 8xHRs	E2 + LT5 = 7	R6 or XT60	E3 + 2x2mi@HMP (2:00 RJ)	Off	E15	Off or R4	46
9		12/27/2021	E7 + 8xHRs	E1 + LT6 (HMP)	R6 or XT60	E3 + 6x800m@5k (3:00 RJ)	Off	E11 + LT4 = 15	Off or R4	47
10	Taper & Race	1/3/2022	E7 + 8xHRs	E1 + LT6 (HMP)	R6 or XT60	E1 + 3x2mi@HMP (2:00 RJ)	Off	E8 + LT3 = 11	Off or R4	43
11		1/10/2022	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.