



**Rock N Roll Half & Full Marathon Training Schedule
10 Week Half Marathon or 21 Week Full Marathons**

**10/24/2021
Group Run Schedule**

		Tuesday Group Runs (All 4-7 miles)				Saturday LONG Runs (Mileage Varies)							
Half	Full	Week Type	Tues Date	Tuesday Group Run (Meeting Location)	Happy Hour	Sat Date	5k/10	Beg Half/Full (min)	Int/PR Half (mi)	Int Full (mi)	PR Chasers Full (mi)	Saturday Long Run (Meeting Location)	Clinic
1	1	Base Building General Aerobic Runs	5/31/2021	De Anza Cove	Happy Hour: Fish Shop (Garnet)	6/5/2021	25 min	50/50	5	6	8	Liberty Station Harbor Run (Liberty Station)	
2	2		6/8/2021	Belmont Park 3099 Ocean Front Walk	Happy Hour: Beach Comber	6/12/2021	30 min	60/60	5	6	8	Balbo Park Kate Sessions Statue	
3	3		6/15/2021	Sail Bay Loop (Crown Point)	Happy Hour: Bayside Landing	6/19/2021	35 min	60/60	5	6	8	To La Jolla Cove (South Mission)	
4	4		6/22/2021	San Diego Bay 1 (Shelter Island)	Happy Hour: Bayside Landing	6/26/2021	30 min	70/70	5	7	10	** 10k TIME TRIAL ** Sail Bay Out & Back (Crown Point)	
5	5		6/29/2021	Waterfront Park	Happy Hour: Waterfront	7/3/2021	35 min	70/70	5	7	10	San Diego Bay 1 (Shelter Island)	
6	6		7/6/2021	Florida Canyons (Morley Field Sports Cmplx)	Happy Hour: Thorn Stree Brewing	7/10/2021	40 min	80/80	6	8	12	Road Runner Sports (Solana Beach)	
7	7	Time Trial	7/13/2021	Florida Canyons (Morley Field Sports Cmplx)	Happy Hour: Hess Brewing	7/17/2021	45 min	6.2/6.2	6.2	6.2	6.2	Bridge Run (Balboa Park Fountain)	
8	8	Base Building General Aerobic Runs	7/20/2021	Florida Canyons (Morley Field Sports Cmplx)	Happy Hour: Original 40	7/24/2021	40 min	90/90	7	8	13	San Diego Bay 1 (Shelter Island)	
9	9		7/27/2021	AFC Hills (Balboa Park)	Happy Hour: Nunu's	7/31/2021	50 min	100/100	8	10	14	AFC Sample Pak (President's Way - Balboa Park)	
10	10		8/3/2021	AFC Hills (Balboa Park)	Happy Hour: Imperial House	8/7/2021	60 min	110/110	9	12	15	Mission Bay Inner Loop (Crown Point)	
11	11	Recovery	8/10/2021	Balboa Park Loop Run (AFC Start: Park Blvd & Zoo Pl)	Race Day Review Happy Hour: Parks & Rec	8/14/2021	Race Day 70 min	90/90	6	8	12	RACE: AFC 1/2 Marathon NOTE: Sunday, 8/15/21	
1	12	Lactate Threshold Specialty Runs	8/17/2021	Mission Bay (De Anza Cove)	Bay Hill Tavern	8/21/2021	30 min	50/120	6	12	16	To La Jolla Cove (Crown Point)	
2	13		8/24/2021	Sail Bay Run (Bonita Cove)	Beach Comber	8/28/2021	35 min	60/130	7	14	18	Mission Bay (De Anza Cove)	
3	14		8/31/2021	Florida Canyons (Morley Field Sports Cmplx)	Original 40	9/4/2021	30 min	60/150	8	16	20	Along Bird Rock (La Jolla Shores / Kellog Park)	
4	15	Recovery	9/7/2021	Mission Bay (De Anza Cove)	The Fish Shop	9/11/2021	35 min	70/120	7	12	18	Along Silver Strand (Tidelands Park)	
5	16	Specialty Training & Lactate Threshold & LONG Run	9/14/2021	To La Jolla Cove (Crown Point) . Time Trial	Bayside Landing	9/18/2021	40 min	80/160	8	16	20	To La Jolla Cove (Crown Point)	
6	17		9/21/2021	County Administration Building (Liberty Station)	Little Italy Food Hall	9/25/2021	45 min	90/190	9	18	21	Train Run (LSF Train Station)	
7	18		9/28/2021	Liberty Station Harbor Run (Liberty Station)	Public Market - Liberty Station	10/2/2021	40 min	110/210	10	21	23	San Diego Junket (LONG RUN) (Crown Pt.)	
8	19	Taper & Race	10/5/2021	Mission Bay (De Anza Cove)	High Dive	10/9/2021	50 min	120/180	12 to 13	16	18	To La Jolla Cove - Xtra (S. Mission Beach.)	
9	20		10/12/2021	Sail Bay Loop (Crown Point)	Bayside Landing	10/16/2021	60 min	110/120	8	12	12	Mission May Loop (De Anza Cove)	
10	21		10/19/2021	Rock n Roll Teaser (Balboa Park)	Race Preparation & Review (RnR Half & Full)	10/23/2021	Race Day 70 min	13.1/26.2	13	26.2	26.2	RACE: (Sunday, 10/24/2021)	



Race:

10/24/2021

10 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	Moderate Walk / Hard Walk	8/16/2021	4/1	4/6	WM 20	Int - 20 min	Rest or XT20	Int - 20 min	Rest	Int - 30 min	Rest
2	Moderate Walk / Easy Run (Jog)	8/23/2021	4/1	4/6	WM 20	Int - 20 min	Rest or XT25	Int - 20 min	Rest	Int - 35 min	Rest
3	Easy Walk / Moderate Walk	8/30/2021	3/2	3/7	WM 30	Int - 30 min	XT25	Int - 30 min	Rest	Int - 30 min	Rest
4	Moderate Walk / Hard Walk	9/6/2021	3/2	3/7	WM 30	Int - 30 min	XT30	Int - 30 min	Rest	Int - 35 min	Rest
5	Moderate Walk / Easy Run (Jog)	9/13/2021	2/3	2/8	WM 30	Int - 30 min	XT35	Int - 30 min	Rest	Int - 40 min	5K Ready
6	Easy Walk / Moderate Walk	9/20/2021	2/3	2/8	WM 40	Int - 40 min	XT40	Int - 40 min	Rest	Int - 45 min	Rest
7	Moderate Walk / Hard Walk	9/27/2021	1/4	1/9	WM 40	Int - 40 min	XT50	Int - 40 min	Rest	Int - 40 min	Rest
8	Moderate Walk / Easy Run (Jog)	10/4/2021	2/8	1/9	WM 40	Int - 40 min	XT60	Int - 40 min	Rest	Int - 50 min	Rest
9	Moderate Walk / Easy Run (Jog)	10/11/2021	2/8	1/14	WM 50	Int - 50 min	XT60	Int - 50 min	Rest	Int - 60 min	Rest
10	Moderate Walk / Easy Run (Jog)	10/18/2021	2/8	1/14	WM 50	Int - 60 min	Off	Int - 60 min	Rest	Rest Day if you're racing Int - 70 min	10K Ready

10

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

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

E = Easy Run, 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

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

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)



21 Week FULL or 10 HALF Marathon Training Program Beginner Run/Walk Program (HH/FF)

**IMPORTANT: Times in each day are shown as HALF / FULL marathoners.

Wk	Phase	Week Of	INT-A	INT-B	Mon	Tue	Wed	Thu	Fri	Sat	Sun
----	-------	---------	-------	-------	-----	-----	-----	-----	-----	-----	-----

Schedule Explained

Example: Week: 1.12

The first number means week 1 of the Half Marathon Program

The second number means week 12 and a continuation of the Full Marathon Program

Example: Weekly Schedule (50/120)

The First number reference 50 min for the Half Marathon Program

The Second number references 120 min for the Full Marathon Program

Interval A or B

There are two options based on current ability Interval Group A or B pick which works for you

Interval 2/3: 2 min walking followed by 3 min running

Interval 2/8: 2 min walking followed by 8 min running

1.12	Base Building General Aerobic Runs	8/16/2021	4/1	4/6	50/70	60/60 @ INT	XT or 50/60	50/80	Off	50/120	Off
2.13		8/23/2021	4/1	4/6	50/70	60/60 @ INT	XT or 50/60	50/80	Off	60/130	Off
3.14		8/30/2021	3/2	3/7	60/70	60/60 @ INT	XT or 50/60	50/80	Off	60/150	Off
4.15	Recovery	9/6/2021	3/2	3/7	60/70	40/40	Off* or 50/60	50* or 50/80	Off	J30* or 70/120	Off
5.16	Final Build-up LONG Run	9/13/2021	2/3	2/8	50/60	60/60 @ INT	XT or 60/70	60/90	Off	80/160	Off
6.17		9/20/2021	2/3	2/8	60/70	60/60 @ INT	XT or 60/70	60/90	Off	90/190	Off
7.18		9/27/2021	1/4	1/9	60/70	60/60 @ INT	XT or 60/70	70/90	Off	110/210	Off
8.19	Taper & Race	10/4/2021	2/8	1/9	60/70	60/60 @ INT	XT or 60/70	70/90	Off	120/180	Off
9.20		10/11/2021	2/8	1/14	60/70	60/60 @ INT	XT or 50/60	80	Off	100/120	
10.21		10/18/2021	2/8	1/14	50/60	40/40	50/60	50	Off	W30	13.1 or 26.2!

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

E = Easy Run, Your general aerobic training runs

J = 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: 10/24/2021

10 Week - Intermediate Half Marathon Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building	8/16/2021	E4	E5	Rest or XT50	E5	Off	E6	Off	22
2		8/23/2021	E4	E5	Rest or XT50	E5	Off	E7	Off	20
3	Recovery	8/30/2021	E5	E5	XT50	E6	Off	E8	Off	24
4	Strength & LT Specialty Runs	9/6/2021	E5	E5	XT50	E6	Off	LR7	Off	25.5
5		9/13/2021	E5	Time Trial	XT50	E6	Off	LR8	Off	28
6		9/20/2021	E5	E5	XT60	E6	Off	LR9	Off	25
7	Recovery	9/27/2021	E6	E1 + LT5	XT60	E7	Off	E10	Off	30
8	Long Run, Taper & Race Prep	10/4/2021	E6	E1 + LT5	XT60	E7	Off	LR12-13	Off	32
9		10/11/2021	E6	E1 + LT5	XT60	E7	Off	E8	Off	27
10		10/18/2021	E5	E4 + Strides	Off	E5	Off	R2	NOTE: Sunday, 10/24/21	29.1

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

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

LT= Lactate Threshold Runs (Tempo)

VO2 = VO2Max Runs, Intervals, speed & strength building

LR = Long Slow Distance, run at Easy Pace (see above)

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

INT = Interval Training, usually during LT or V02m runs



Race: **10/24/2021**
 PR Chasers - Running Program

10 Week Half Marathon Training Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building	8/16/2021	E6 + 4HRs	E1 + 3x1mi@LT w/ 1:00min RJ	E5 or XT60	E6	Off or XT60	E8	Off or R4	38
2		8/23/2021	E6 + 5HRs	E1 + 4x1mi@LT w/ 1:00min RJ	Rest or XT60	E6 + Strides	Off or XT60	E9	Off or R4	39
3	Time Trial	8/30/2021	E6 + 6HRs	E1 + 4x1mi@LT w/ 1:00min RJ	E5 or XT60	E3 + LT4	Off or XT60	E10	Off or R4	40
4	Strength & LT Specialty Runs	9/6/2021	E6 + 7HRs	E1 + 4x1mi@LT w/ 1:00min RJ	E5 or XT60	E3 + LT4	Off or XT60	E7 + LT4 = 11	Off or R4	42
5		9/13/2021	E7 + 8HRs	Time Trial	E5 or XT60	E2 + LT5	Off or XT60	E8 + LT4 = 12	Off or R4	44
6		9/20/2021	E7	E4 + HRs	Rest or XT60	E7	Off or XT60	E10 + LT4 = 14	Off	27
7	Recovery	9/27/2021	E7 + 8HRs	E4 + HRs	E6 or XT60	E3 + 2x2mi@LT w/ 2:00min RJ	Off or XT60	E10	Off or R4	46
8	Long Run, Taper & Race Prep	10/4/2021	E7 + 8HRs	E1 + LT6 HILL	E6 or XT60	E1 + 6x1mi@LT w/ 1:00min RJ	Off or XT60	E11 + LT4 = 15	Off or R4	46
9		10/11/2021	E7 + 8HRs	E1 + LT6	E6 or XT60	E1 + 3x2mi@LT w/ 2:00min RJ	Off or XT60	E8 + LT3 = 11	Off or R4	42
10		10/18/2021	E5	E5 + Strides	E4 or XT60	E5	Off	R2	RACE:RnR 1/2 Marathon NOTE: Sunday,	34.1

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

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

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

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

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

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

MP = Goal Marathon Pace or 10-15 seconds mile slower than LT runs



21 Weeks - Rock N Roll Full Marathon Training Schedule Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	5/31/2021	Off	E4	Off or XT50	E4	Off	E5	Off	13
2		6/7/2021	E4	E4	Off or XT50	E4	Off	E5	Off	13
3		6/14/2021	E4	E4	Off or XT50	E4	Off	E6	Off	17
4		6/21/2021	E4	E4	Off or XT50	E4	Off	E6	Off	17
5		6/28/2021	E4	E4	Off or XT50	E4	Off	E7	Off	18
6		7/5/2021	E4	E4	Off or XT50	E4	Off	E7	Off	18
7	Time Trial	7/12/2021	E5	E5	Off or XT50	E5	Off	6.2TT	Off	21
8	Base Building General Aerobic Runs	7/19/2021	E5	E5	XT50	E6	Off	E8	Off	24
9		7/26/2021	E5	E5	XT50	E6	Off	E10	Off	26
10		8/2/2021	E5	E5	XT50	E6	Off	E12	Off	28
11	Recovery	8/9/2021	E5	E5	Off or XT50	E6	Off	E8	Off	24
12	Strength & VO2max	8/16/2021	E6	E5	XT60	E6	Off	E12	Off	29
13		8/23/2021	E6	E5	XT60	E6	Off	E14	Off	31
14		8/30/2021	E6	E5	XT60	E6	Off	E16	Off	32
15	Recovery	9/6/2021	E6	E6	Off or XT50	E5* or E8	E3*	E12	Off	37
16	Final Build-up LONG Run	9/13/2021	E7	E2 + LT5	XT60	E8	Off	E16	Off	38
17		9/20/2021	E7	E2 + LT5	XT60	E8	Off	E18	Off	39
18		9/27/2021	E7	E2 + LT5	XT60	E8	Off	E21	Off	42
19	Taper & Race	10/4/2021	E7	HMP6	XT60	E8	Off	E16	Off	37
20		10/11/2021	E7	HMP6	XT60	E8	Off	E12	Off	33
21		10/18/2021	E6	E4	Off	E6	E2	OFF	RACE!!! 26.2	44.2

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

RJ = Recovery Jog (Very easy run, Rest Time, in between Interval training)

LT= Lactate Threshold Runs (Tempo)

VO2 = VO2Max Runs, Intervals, speed & strength building

LR = Long Slow Distance, run at Easy Pace (see above)

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

INT = Interval Training, usually during LT or VO2m runs



Hide

HALF Marathon Training Program, 21 Weeks PR Chasers Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	6/7/2021	Off	E4	Off or XT50	E6	Off	E6	Off	13
2		6/14/2021	E5	E4	Off or XT50	E6	Off	E7	Off	17
3		6/21/2021	E5	E4	Off or XT50	E6	Off	E7	Off	17
4		6/28/2021	E5	E4	Off or XT50	E6	Off	E8	Off	18
5		7/5/2021	E5	E4	Off or XT50	E6	Off	E8	Off	18
6	Time Trial	7/12/2021	E5	E5	Off or XT50	E6	Off	6.2TT	Off	19
7	Base Building General Aerobic Runs	7/19/2021	E6 + 4xHRs	E5	XT50	E7	Off	E6 + LT2 = 8	Off	22
8		7/26/2021	E5	E5	XT50	E7 or E4	Off	E6 + LT3 = 9 or E2	Off	23
9		8/2/2021	E5	E5	XT50	E7	Off	E6 + LT4 = 10	Off	24
10	Recovery	8/9/2021	E5	E5	Off or XT50	E6	Off	E8	Off	23
11	Strength & VO2max	8/16/2021	E5	E4 + LT2	XT60	E3+2x2@HMP(2R)	Off	E7 + LT4 = 11	Off	26
12		8/23/2021	E5	E4 + LT2	XT60	E3+2x2@HMP(2R)	Off	E8 + LT4 = 12	Off	27
13		8/30/2021	E5	E4 + LT2	Off	E3+2x2@HMP(2R)	Off	E8 + LT5 = 13	Off	28
14	Recovery	9/6/2021	E5	E2 + LT4	Off or XT50	E6	Off	E8	Off	25
15	Final Build-up LONG Run	9/13/2021	E6	Time Trial	XT60	E4+4x800m(2R)	J3*	J30* or E11	Off	29
16		9/20/2021	R3* or E6	E5* or E2 + LT4	XT60	E4+5x800m(2R)	Off	E12	Off	30
17		9/27/2021	E6	E2 + LT4	XT60	E4+6x800m(2R)	Off	E13	Off	32
18	Taper & Race	10/4/2021	E6	HMP5	XT60	E7	Off	E10	Off	28
19		10/11/2021	E5	HMP5	XT60	E7	Off	E8	Off	25
20		10/18/2021	E5	E4	Off	E5	J3	OFF or W30	RACE!!! 13.1	30.1

E = Easy Run, Your general, everyday aerobic training runs (Short or Long)
 R = Recovery Run, Jog (Very, very easy run)
 XT = Cross Train (Bike, Elliptical, Swim, Yoga, Pilates), Shown in XX MINUTES
 RJ = Recovery Jog (Very easy run, Rest Time, in between Interval training)
 HMP = Half Marathon Pace Run w/ xMin Recovery Jog

LT= Lactate Threshold Runs (Tempo)
 VO2 = VO2Max Runs, Intervals, speed & strength building
 LR = Long Slow Distance, run at Easy Pace (see above)
 H = Hills (Strength Building, VO2max runs, see above)
 INT = Interval Training, usually during LT or VO2m runs



Rock N Roll Half & Full Marathon Training Schedule PR Chasers Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building			E5	E5	E5	Off	E8	Off	23
2		6/7/2021	Off	E5	E5	E5	Off	E8	Off	23
3		6/14/2021	E5 + 5xHR	E5 + Strides	E5	E5 + Strides	Off	E10	Off	30
4		6/21/2021	E5 + 5xHR	E5 + Strides	E5	E5 + Strides	Off	E10	Off	30
5		6/28/2021	E5 + 6xHR	E2 + 3x1mi@10k w/1:00RJ	R5	E6 + Strides	Off	E12	Off or R4	37
6		7/5/2021	E5 + 6xHR	E2 + 3x1mi@10k w/1:00RJ	R5	E6 + Strides	Off	E12	Off or R4	37
7	Time Trial	7/12/2021	E5 + 7xHR	E5	Off	E6 + Strides	Off	6.2TT	Off or R4	26.2
8	Strength	7/19/2021	E5 + 8xHR	E2 + LT4	R5	E2 + 4x1mi@10k w/1:00RJ	Off	E13	Off or R4	39
9		7/26/2021	E5 + 8xHR	E2+6x800m@5k w/3:00RJ	R5	E3 + LT4	Off	E14	Off or R4	41
10		8/2/2021	E6 + 8xHR	E2 + LT5	R5	E2 + 5x1mi@10k w/1:00RJ	Off	E15	Off or R4	44
11	Recovery	8/9/2021	E6	E6	E5	E7 + Strides	Off	E12	Off	36
12	Strength	8/16/2021	E1 + LT6	E2 + LT4	E5	E3 + LT5	Off	E16	Off or R4	44
13		8/23/2021	E1 + LT6	E2 + LT4	E5	E3 + LT5	Off	E18	Off or R4	45
14		8/30/2021	E1 + LT6	E2 + LT4	E5	E10	Off	E20	Off or R4	50
15	Recovery	9/6/2021	E7 + 8xHR	MP7 or E6	E4 or Off	E11 or E6	Off	E14 or E3	Off or R4	51
16	Specific Endurance	9/13/2021	E7	MP7	R5	E11	Off	E20	Off or R4	43 or 35.1
17		9/20/2021	E8 + 8xHR	MP7	R5	E12	Off	E17+LT4	Off or R4	53
18		9/27/2021	E8 + 8xHR	MP7	R6	E12	Off	E23	Off or R4	56
19		10/4/2021	E8 + 8xHR	MP7	R6	E12	Off	E14+LT4	Off or R4	51
20	Taper & Race	10/11/2021	E8	MP7	E5	E6	Off	E12	Off	38
21		10/18/2021	E5	E5	Off	E5 + Strides	Off	E3	RACE!!! 26.2	44.2

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

E = Easy Run, Your general aerobic training runs

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

RJ = Recovery Jog (Very easy run, Rest Time, in between Interval training)

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

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

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

MP = Goal Marathon Pace or 10-15 seconds mile slower than LT runs