



# Spring Half & Full Marathon Training Schedule

## 14 & 18 Week Half & Full Marathons

**6/3/2018**  
**Group Run Schedule**

Wk of (Mon)	Tuesday Group Runs (All 4-7 miles)				Saturday LONG Runs (Mileage Varies)								
	Wk	Week Type	Tues Date	Tuesday Group Run (Meeting Location) Clinic or Run Type	Sat Date	Beg Half/Full (min)	Int/Adv Half (mi)	Int Full (mi)	Adv Full (mi)	LJ Half (mi)	SD Half (mi)	Saturday Long Run (Meeting Location)	Clinic
1/15/2018	1	Base Building General Aerobic Runs	1/16/2018	Liberty Station Harbor Run (Liberty Station) Kick Off	1/20/2018	60/60	5	6	8	5	10	S. Mission Beach Boardwalk (S. Mission Beach Pkg lot)	
1/22/2018	2		1/23/2018	Belmont Park 3099 Ocean Front Walk INTRO to Core Strength ALL = Bar Time @ 7:45p	1/27/2018	60/60	5	6	8	5	10	Balbo Park Kate Sessions Statue Running 101 w/ Coach Aaron & Training Program Review	
1/29/2018	3		1/30/2018	Mission Bay (De Anza Cove)	2/3/2018	70/70	5	7	10	6	11	Sail Bay to MB Out & Back (Crown Point)	
2/5/2018	4		2/6/2018	S. Mission Beach Boardwalk (S. Mission Beach Pkg lot)	2/10/2018	70/70	5	7	10	6	11	Liberty Station / Washington St (Liberty Station)	
2/12/2018	5		2/13/2018	Sail Bay Run (Bonita Cove)	2/17/2018	80/80	6	8	12	7	12	Road Runner Sports (5549 Copley Dr. 92111) Shoe Fit Clinic by Road Runner Sports	
2/19/2018	6		Time Trial	2/20/2018	Mission Bay (De Anza Cove)	2/24/2018	6.2/6.2	6.2	6.2	6.2	6.2	13	Sail Bay to MB Out & Back (10k Race) (Crown Point)
2/26/2018	7	Base Building General Aerobic Runs	2/27/2018	S. Mission Beach Boardwalk (S. Mission Beach Pkg lot)	3/3/2018	90/90	7	8	13	8	10	San Diego Bay 1 (Shelter Island) - Race Prep & Review for SDHM (9:30a)	
3/5/2018	8		3/6/2018	Sail Bay Run (Bonita Cove) Race Preparation & Review (SD Half)	3/10/2018	100/100	8	10	14	9	RACE	Mission Bay Loops (De Anza Cove) <b>(SD Half Marathon 3/11/18)</b>	
3/12/2018	9		3/13/2018	Mission Bay (De Anza Cove) <b>Ragnar Training</b> Monday 6:15pm Tuesday 6:15 am & 6:15 pm	3/17/2018	110/110	9	12	15	10	N/A	To La Jolla Cove (Crown Point) Functional Dynamics & Form	
3/19/2018	10	Recovery	3/20/2018	County Administration Building <b>Ragnar Training</b> Monday 6:15pm Tuesday 6:15 am & 6:15 pm	3/24/2018	90/90	8	8	12	8	N/A	Mission Bay 3 (De Anza Cove) "Endurance Nutrition" with Jennifer Gill	
3/26/2018	11	Lactate Threshold Specialty Runs	3/27/2018	Florida Canyons (Morley Field Sports Cmplx) Hills	3/31/2018	100/120	10	12	16	10	N/A	Along Bird Rock (La Jolla Shores / Kellog Park)	
4/2/2018	12		4/3/2018	Florida Canyons (Morley Field Sports Cmplx) Hills	4/7/2018	110/130	11	14	18	11	N/A	Torrey Pines Pleasure Seeker (RU; 3323 Carmel Mtn Rd; 92121) <b>So Cal Ragnar</b>	
4/9/2018	13		4/10/2018	Florida Canyons (Morley Field Sports Cmplx) Hills	4/14/2018	120/150	12	16	20	13	N/A	San Diego Bay 2 (w/ Harbor Isl Opt) (Shelter Island)	
4/16/2018	14	Recovery	4/17/2018	Mission Bay (De Anza Cove) Race Preparation & Review (LJ Half)	4/21/2018	100/120 20-30	8 2	12 2	18 2-3	RACE	N/A	Along Silver Strand (Tidelands Park) <b>(LJ Half Marathon, 4/22/18)</b>	
4/23/2018	15	Specialty Training & Lactate Threshold & LONG Run	4/24/2018	County Administration Building (Liberty Station)	4/28/2018	110/160	11	16	20	N/A	N/A	To La Jolla Cove (Crown Point)	
4/30/2018	16		5/1/2018	Quartyard Scavenger Hunt	5/5/2018	120/190	16*/12	18	21	N/A	N/A	Train Run (LSF Train Station)	
5/7/2018	17		5/8/2018	Liberty Station Harbor Run (Liberty Station)	5/12/2018	140/210	14	21	23	N/A	N/A	<b>Night Nation Run, 4/12/18</b> San Diego Junket (LONG RUN) (Crown Pt.)	
5/14/2018	18	Taper & Race	5/15/2018	Mission Bay (De Anza Cove)	5/19/2018	120/180	10	16	18	N/A	N/A	To La Jolla Cove - Xtra (S. Mission Beach.)	
5/21/2018	19		5/22/2018	Sail Bay Loop (Crown Point)	5/26/2018	100/120	8	12	12	N/A	N/A	Mission May Loop (De Anza Cove)	
5/28/2018	20		5/29/2018	Rock n Roll Teaser (Balboa Park) Race Preparation & Review (RnR Half & Full)	6/2/2018	13.1/26.2	13.1	26.2	26.2	N/A	N/A	<b>RACE: Rock n Roll Marathon (Sunday, 6/1/14)</b>	



# Rock n Roll 20 Week HALF or FULL 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
1	Base Building General Aerobic Runs	1/15/2018	Test Week		Off	INT40	W40	50/50	Off	50/50	Off
2		1/22/2018	4/1	4/6	W50	40/40	W40	50/50	Off	60/60	Off
3		1/29/2018	4/1	4/6	W50	50/50	W40	50/50	Off	60/60	Off
4		2/5/2018	4/1	4/6	W50	50/50	W40	50/50	Off	70/70	Off
5		2/12/2018	3/2	3/7	W50	50/50	W40	50/50	Off	80/80	Off
6	Time Trial	2/19/2018	3/2	3/7	W50	50/50	W40	50/50	Off	6.2TT	Off
7	Base Building General Aerobic Runs	2/26/2018	3/2	3/7	50/60	60/60	XT or 50/50	60/60	Off	90/90	Off
8		3/5/2018	2/3	2/8	50/60	60/60	XT or 50/50	60/60	Off	100/100	Off (SD Half)
9		3/12/2018	2/3	2/8	50/60	60/60	XT or 50/50	60/60	Off	110/110	Off
10	Recovery	3/19/2018	2/3	2/8	50/60	60/60	XT or 50/50	60/60	Off	90/90	Off
11	Base Building General Aerobic Runs	3/26/2018	2/3	2/8	60/70	60/60 @ INT	XT or 50/60	70/80	Off	100/120	Off
12		4/2/2018	1/4	1/9	60/70	60/60 @ INT	XT or 50/60	70/80	Off	110/130	Off
13		4/9/2018	1/4	1/9	60/70	60/60 @ INT	XT or 50/60	70/80	Off	120/150	Off
14	Recovery	4/16/2018	1/4	1/9	60/70	40/40	Off* or 50/60	50* or 70/80	Off	J30* or 100/120	Off (LJ Half)
15	Final Build-up LONG Run	4/23/2018	2/8	2/13	50/60	60/60 @ INT	XT or 60/70	80/90	Off	110/160	Off
16		4/30/2018	2/8	2/13	60/70	60/60 @ INT	XT or 60/70	80/90	Off	120/190	Off
17		5/7/2018	1/9	1/14	60/70	60/60 @ INT	XT or 60/70	80/90	Off	140/210	Off
18	Taper & Race	5/14/2018	1/9	1/14	60/70	60/60 @ INT	XT or 60/70	80/90	Off	120/180	Off
19		5/21/2018	1/9	1/14	60/70	60/60 @ INT	XT or 50/60	80	Off	100/120	
20		5/28/2018	1/9	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.



# Rock n Roll HALF Marathon Training Program, 20 Weeks Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	1/15/2018	Off	E4	Off or XT50	E4	Off	E5	Off	13
2		1/22/2018	E4	E4	Off or XT50	E4	Off	E6	Off	17
3		1/29/2018	E4	E4	Off or XT50	E4	Off	E6	Off	17
4		2/5/2018	E4	E4	Off or XT50	E4	Off	E7	Off	18
5		2/12/2018	E4	E4	Off or XT50	E4	Off	E7	Off	18
6	Time Trial	2/19/2018	E4	E4	Off or XT50	E4	Off	6.2TT	Off	18
7	Base Building General Aerobic Runs	2/26/2018	E5	E5	XT50	E5	Off	E7	Off	22
8		3/5/2018	E5	E5	XT50	E5	Off	E8	(SD Half)	23
9		3/12/2018	E5	E5	XT50	E5	Off	E9	Off	24
10	Recovery	3/19/2018	E5	E5	Off or XT50	E5	Off	E8	Off	23
11	Strength & VO2max	3/26/2018	E5	E4 + HRs	XT60	E6	Off	E10	Off	26
12		4/2/2018	E5	E4 + HRs	XT60	E6	Off	E11	Off	27
13		4/9/2018	E5	E4 + HRs	Off	E6	Off	E12	Off	28
14	Recovery	4/16/2018	E5	E4* or E2 + LT4	XT60	E7	J3*	J30* or E9	RACE!!! 13.1*	25
15	Final Build-up LONG Run	4/23/2018	E6	E2 + LT4	XT60	E7	Off	E11	Off	29
16		4/30/2018	R3* or E6	E2 + LT4	XT60	E7	Off	E12	Off	30
17		5/7/2018	E6	E2 + LT4	XT60	E7	Off	E13	Off	32
18	Taper & Race	5/14/2018	E6	HMP5	XT60	E7	Off	E10	Off	28
19		5/21/2018	E5	HMP5	XT60	E7	Off	E8	Off	25
20		5/28/2018	E5	E4	Off	E5	J3	OFF or W30	RACE!!! 13.1	30.1

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 (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



# Rock n Roll HALF Marathon Training Program, 20 Weeks

## PR Chasers Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	1/15/2018	Off	E4	Off or XT50	E6	Off	E6	Off	13
2		1/22/2018	E5	E4	Off or XT50	E6	Off	E7	Off	17
3		1/29/2018	E5	E4	Off or XT50	E6	Off	E7	Off	17
4		2/5/2018	E5	E4	Off or XT50	E6	Off	E8	Off	18
5		2/12/2018	E5	E4	Off or XT50	E6	Off	E8	Off	18
6	Time Trial	2/19/2018	E5	E5	Off or XT50	E6	Off	6.2TT	Off	19
7	Base Building General/Aerobic Runs	2/26/2018	E6 + 4xHRs	E5	XT50	E7	Off	E6 + LT2 = 8	Off	22
8		3/5/2018	E5	E5	XT50	E7 or E4	Off	E6 + LT3 = 9 or E2	Off or (SD Half)	23
9		3/12/2018	E5	E5	XT50	E7	Off	E6 + LT4 = 10	Off	24
10	Recovery	3/19/2018	E5	E5	Off or XT50	E6	Off	E8	Off	23
11	Strength & VO2max	3/26/2018	E5	E4 + HRs	XT60	E3+2x2@HMP(2R )	Off	E7 + LT4 = 11	Off	26
12		4/2/2018	E5	E4 + HRs	XT60	E3+2x2@HMP(2R )	Off	E8 + LT4 = 12	Off	27
13		4/9/2018	E5	E4 + HRs	Off	E3+2x2@HMP(2R )	Off	E8 + LT5 = 13	Off	28
14	Recovery	4/16/2018	E5	E2 + LT4	Off or XT50	E6	Off	E8	Off	25
15	Final Build-up LONG Run	4/23/2018	E6	E4* or E2 + LT4	XT60	E4+4x800m(2R)	J3*	J30* or E11	<b>RACE!!! 13.1*</b>	29
16		4/30/2018	R3* or E6	E5* or E2 + LT4	XT60	E4+5x800m(2R)	Off	E12	Off	30
17		5/7/2018	E6	E2 + LT4	XT60	E4+6x800m(2R)	Off	E13	Off	32
18	Taper & Race	5/14/2018	E6	HMP5	XT60	E7	Off	E10	Off	28
19		5/21/2018	E5	HMP5	XT60	E7	Off	E8	Off	25
20		5/28/2018	E5	E4	Off	E5	J3	OFF or W30	<b>RACE!!! 13.1</b>	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 FULL Marathon Training Program, 20 Weeks Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	1/15/2018	Off	E4	Off or XT50	E4	Off	E5	Off	13
2		1/22/2018	E4	E4	Off or XT50	E4	Off	E6	Off	17
3		1/29/2018	E4	E4	Off or XT50	E4	Off	E6	Off	17
4		2/5/2018	E4	E4	Off or XT50	E4	Off	E7	Off	18
5		2/12/2018	E4	E4	Off or XT50	E4	Off	E7	Off	18
6	Time Trial	2/19/2018	E5	E5	Off or XT50	E5	Off	6.2TT	Off	21
7	Base Building General/Aerobic Runs	2/26/2018	E5	E5	XT50	E6	Off	E8	Off	24
8		3/5/2018	E5	E5	XT50	E6	Off	E10	Off (SD Half)	26
9		3/12/2018	E5	E5	XT50	E6	Off	E12	Off	28
10	Recovery	3/19/2018	E5	E5	Off or XT50	E6	Off	E8	Off	24
11	Strength & VO2max	3/26/2018	E6	E4 + HRs	XT60	E6	Off	E12	Off	29
12		4/2/2018	E6	E4 + HRs	XT60	E6	Off	E14	Off	31
13		4/9/2018	E6	E4 + HRs	XT60	E6	Off	E16	Off	32
14	Recovery	4/16/2018	E6	E6	Off or XT50	E5* or E8	E3*	RJ30* or E12	RACE!!! 13.1*	37 33*
15	Final Build-up LONG Run	4/23/2018	E7	E2 + LT5	XT60	E8	Off	E16	Off	38
16		4/30/2018	E7	E2 + LT5	XT60	E8	Off	E18	Off	39
17		5/7/2018	E7	E2 + LT5	XT60	E8	Off	E21	Off	42
18	Taper & Race	5/14/2018	E7	HMP6	XT60	E8	Off	E16	Off	37
19		5/21/2018	E7	HMP6	XT60	E8	Off	E12	Off	33
20		5/28/2018	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



# Rock n Roll FULL Marathon Training Program, 20 Weeks PR Chasers Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building	1/15/2018	Off	E5	E5	E5	Off	E8	Off	23
2		1/22/2018	E5 + 5xHR	E5 + Strides	E5	E5 + Strides	Off	E10	Off	30
3		1/29/2018	E5 + 5xHR	E5 + Strides	E5	E5 + Strides	Off	E10	Off	30
4		2/5/2018	E5 + 6xHR	E2 + 3x1mi@10k w/1:00RJ	R5	E6 + Strides	Off	E12	Off or R4	37
5		2/12/2018	E5 + 6xHR	E2 + 3x1mi@10k w/1:00RJ	R5	E6 + Strides	Off	E12	Off or R4	37
6	Time Trial	2/19/2018	E5 + 7xHR	E5	Off	E6 + Strides	Off	6.2TT	Off or R4	26.2
7	Strength	2/26/2018	E5 + 8xHR	E2 + LT4	R5	E2 + 4x1mi@10k w/1:00RJ	Off	E13	Off or R4	39
8		3/5/2018	E5 + 8xHR	E2+6x800m@5k w/3:00RJ	R5	E3 + LT4	Off	E14	Off or R4	41
9		3/12/2018	E6 + 8xHR	E2 + LT5	R5	E2 + 5x1mi@10k w/1:00RJ	Off	E15	Off or R4	44
10	Recovery	3/19/2018	E6	E6	E5	E7 + Strides	Off	E12	Off	36
11	Strength	3/26/2018	E1 + LT6	E4 + HRs	E5	E3 + LT5	Off	E16	Off or R4	44
12		4/2/2018	E1 + LT6	E4 + HRs	E5	E3 + 6x800m@5k w/3:00RJ	Off	E18	Off or R4	45
13		4/9/2018	E1 + LT6	E4 + HRs	E5	E10	Off	E20	Off or R4	50
14	Recovery	4/16/2018	E7 + 8xHR	MP7 or E6	E4 or Off	E11 or E6	Off	E14 or E3	Off or R4 or <b>LJHM Race</b>	51
15	Specific Endurance	4/23/2018	E7	MP7	R5	E11	Off	E20	Off or R4	43 or 35.1
16		4/30/2018	E8 + 8xHR	MP7	R5	E12	Off	E17+LT4	Off or R4	53
17		5/7/2018	E8 + 8xHR	MP7	R6	E12	Off	E23	Off or R4	56
18		5/14/2018	E8 + 8xHR	MP7	R6	E12	Off	E14+LT4	Off or R4	51
19	Taper & Race	5/21/2018	E8	MP7	E5	E6	Off	E12	Off	38
20		5/28/2018	E5	E5	Off	E5 + Strides	Off	E3	<b>RACE!!! 26.2</b>	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



# 20 Week Half Marathon Training Schedule

## SD Half Marathon

Race: **3/11/2018**  
**Beginner 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	<b>CLSBD Half</b>
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	<b>RACE!!</b>

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.



# 20 Week Half Marathon Training Schedule

## SD Half Marathon

Race: **3/11/2018**  
**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
4	Pace Race	11/13/2017	E4	E4	Off or XT50	E4	Off	6.2TT	Off	19
5	Base Building General Aerobic Runs	11/20/2017	E4	E5	XT50	E5	Off	E7	Off	18
6		11/27/2017	E4	E5	XT50	E5	Off	E8	Off	22.5
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	(CLSD 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	<b>RACE!</b>	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