



Spring Half & Full Marathon Training Schedule

19 Week Half & Full Marathons

5/31/2020
Group Run Schedule

Tuesday Group Runs (All 4-7 miles)				Saturday LONG Runs (Mileage Varies)										
Wk	Week Type	Tues Date	Tuesday Group Run (Meeting Location)	Happy Hour	Sat Date	Beg Half/Full (min)	Int/PR Half (mi)	Int Full (mi)	PR Chasers Full (mi)	LJ Half (mi)	SD Half (mi)	Saturday Long Run (Meeting Location)	Coffee Hour & Social	Clinic
1		1/21/2020	Liberty Station Harbor Run (Liberty Station)	Kick Off Happy Hour = Public Market 2820 Historic Decature Rd	1/25/2020	50/50	5	5	8	5	11	Mission Bay (De Anza Cove)		
2		1/28/2020	Mission Bay (De Anza Cove)	INTRO to Core Strength (6:00pm) Happy Hour = High Dive 1801 Morena Blvd	2/1/2020	60/60	6	6	10	6	12	Liberty Station Harbor Run (Liberty Station)		
3		2/4/2020	County Administration Building (Liberty Station)	Happy Hour = Waterfront 2044 Kettner Blvd	2/8/2020	70/70	6	7	11	6	13	Road Runner Sports - Solana Beach 211 N Hwy 101 Solana Beach		
4		2/11/2020	Sail Bay Run (Bonita Cove)	Happy Hour = Sand Bar 718 Ventura Pl	2/15/2020	80/80	7	8	12	7	8	Liberty Station / Washington St (Liberty Station)		
5	Time Trial	2/18/2020	Belmont Park 3099 Ocean Front Walk	Happy Hour = Draft 3105 Ocean Front Walk	2/22/2020	6.2/6.2	6.2	6.2	6.2	6.2	13	Sail Bay to MB Out & Back (10k Race) (Crown Point)		
6	Base Building General Aerobic Runs	2/25/2020	S. Mission Beach Boardwalk (S. Mission Beach Pkg Lot)	Happy Hour = Beachcomber 2901 Mission Blvd	2/29/2020	90/90	7	8	13	8	11	San Diego Bay 1 (Shelter Island)		
7		3/3/2020	Sail Bay Run (Bonita Cove)	Race Preparation & Review (SD Half) Happy Hour = Sand Bar 718 Ventura Pl	3/7/2020	100/100	8	10	14	9	8	Mission Bay Loops (De Anza Cove)		
8		3/10/2020	County Administration Building (Liberty Station)	Happy Hour = Waterfront 2044 Kettner Blvd	3/14/2020	110/110	9	12	15	10	RACE	Torrey Pines Gliderport 2800 Torrey Pines Scenic Dr (SD Half Marathon 3/15/20)		
9	Recovery	3/17/2020	Mission Bay (De Anza Cove)		3/21/2020	90/90	8	8	12	8		To La Jolla Cove (Crown Point)		
10	Lactate Threshold Specialty Runs	3/24/2020	Florida Canyons (Morley Field Sports Cmplx)		3/28/2020	100/120	10	12	16	10		Torrey Pines Pleasure Seeker (RU; 3323 Carmel Mtn Rd; 92121)		
11		3/31/2020	Florida Canyons (Morley Field Sports Cmplx)		4/4/2020	110/130	11	14	18	11		Mission Trails 880 Bushy Hill Dr Santee CA 92071		
12		4/7/2020	Florida Canyons (Morley Field Sports Cmplx)		4/11/2020	120/150	12	16	20	13		San Diego Bay 2 (w/ Harbor Isl Opt) (Shelter Island)		
13	Recovery	4/14/2020	Old Town Trolley Station 4005 Taylor St San Diego CA 92110		4/18/2020	100/120 20-30	8 2	12 2	18 2-3	8		Along Silver Strand (Tidelands Park)		
14	Specialty Training & Lactate Threshold & LONG Run	4/21/2020	County Administration Building (Liberty Station)		4/25/2020	110/160	11	16	20		RACE	To La Jolla Cove (Crown Point) (LJ Half Marathon, 4/26/20)		
15		4/28/2020	Liberty Station Harbor Run (Liberty Station)		5/2/2020	120/190	16*/12	18	21			Train Run (Solana Beach - Train Station)		
16		5/5/2020	Quartyard 1301 Market St SD 92101 Parking is free after 6pm		5/9/2020	140/210	13	21	23			San Diego Junket (LONG RUN) (Crown Pt.)		
17	Taper & Race	5/12/2020	Mission Bay (De Anza Cove)		5/16/2020	120/180	10	16	18			To La Jolla Cove - Xtra (S. Mission Beach.)		
18		5/19/2020	Sail Bay Loop (Crown Point)		5/23/2020	100/120	8	12	12			Mission Bay Loop (De Anza Cove)		
19		5/26/2020	Rock n Roll Teaser (Balboa Park)		5/30/2020	13.1/26.2	13.1	26.2	26.2			RACE: Rock n Roll Marathon (Sunday, 5/31/20)		

On Hold For Now

On Hold For Now



Rock n Roll 19 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	1/20/2020	Test Week		Off	INT40	W40	50/50	Off	50/50	Off
2		1/27/2020	4/1	4/6	W50	40/40	W40	50/50	Off	60/60	Off
3		2/3/2020	4/1	4/6	W50	50/50	W40	50/50	Off	70/70	Off
4		2/10/2020	3/2	3/7	W50	50/50	W40	50/50	Off	80/80	Off
5	Time Trial	2/17/2020	3/2	3/7	W50	50/50	W40	50/50	Off	6.2TT	Off
6	Base Building General Aerobic Runs	2/24/2020	3/2	3/7	50/60	60/60	XT or 50/50	60/60	Off	90/90	Off
7		3/2/2020	2/3	2/8	50/60	60/60	XT or 50/50	60/60	Off	100/100	Off
8		3/9/2020	2/3	2/8	50/60	60/60	XT or 50/50	60/60	Off	110/110	Off (SD Half)
9	Recovery	3/16/2020	2/3	2/8	50/60	60/60	XT or 50/50	60/60	Off	90/90	Off
10	Base Building General Aerobic Runs	3/23/2020	1/4	1/9	60/70	60/60 @ INT	XT or 50/60	70/80	Off	100/120	Off
11		3/30/2020	1/4	1/9	60/70	60/60 @ INT	XT or 50/60	70/80	Off	110/130	Off
12		4/6/2020	1/4	1/9	60/70	60/60 @ INT	XT or 50/60	70/80	Off	120/150	Off
13	Recovery	4/13/2020	2/8	2/13	60/70	40/40	Off* or 50/60	50* or 70/80	Off	J30* or 100/120	Off
14	Final Build-up LONG Run	4/20/2020	2/8	2/13	50/60	60/60 @ INT	XT or 60/70	80/90	Off	110/160	Off (LJ Half)
15		4/27/2020	2/8	2/13	60/70	60/60 @ INT	XT or 60/70	80/90	Off	120/190	Off
16		5/4/2020	1/9	1/14	60/70	60/60 @ INT	XT or 60/70	80/90	Off	140/210	Off
17	Taper & Race	5/11/2020	1/9	1/14	60/70	60/60 @ INT	XT or 60/70	80/90	Off	120/180	Off
18		5/18/2020	1/9	1/14	60/70	60/60 @ INT	XT or 50/60	80	Off	100/120	Off
19		5/25/2020	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, 19 Weeks

Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	1/20/2020	Off	E4	Off or XT50	E4	Off	E5	Off	13
2		1/27/2020	E4	E4	Off or XT50	E4	Off	E6	Off	17
3		2/3/2020	E4	E4	Off or XT50	E4	Off	E6	Off	18
4		2/10/2020	E4	E4	Off or XT50	E4	Off	E7	Off	18
5	Time Trial	2/17/2020	E4	E4	Off or XT50	E4	Off	6.2TT	Off	18
6	Base Building General Aerobic Runs	2/24/2020	E5	E5	XT50	E5	Off	E7	Off	22
7		3/2/2020	E5	E5	XT50	E5	Off	E8	Off	23
8		3/9/2020	E5	E5	XT50	E5	Off	E9	SD Half	24
9	Recovery	3/16/2020	E5	E5	Off or XT50	E5	Off	E8	Off	23
10	Strength & VO2max	3/23/2020	E5	E4 + HRs	XT60	E6	Off	E10	Off	26
11		3/30/2020	E5	E4 + HRs	XT60	E6	Off	E11	Off	27
12		4/6/2020	E5	E4 + HRs	Off	E6	Off	E12	Off	28
13	Recovery	4/13/2020	E5	E4* or E2 + LT4	XT60	E7	J3*	J30* or E9	Off	25
14	Final Build-up LONG Run	4/20/2020	E6	E2 + LT4	XT60	E7	Off	E11	La Jolla Half RACE!!! 13.1*	29
15		4/27/2020	R3* or E6	E2 + LT4	XT60	E7	Off	E12	Off	30
16		5/4/2020	E6	E2 + LT4	XT60	E7	Off	E13	Off	32
17	Taper & Race	5/11/2020	E6	HMP5	XT60	E7	Off	E10	Off	28
18		5/18/2020	E5	HMP5	XT60	E7	Off	E8	Off	25
19		5/25/2020	E5	E4	Off	E5	J3	OFF or W30	RnR 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, 19 Weeks

PR Chasers Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	1/20/2020	Off	E4	Off or XT50	E6	Off	E6	Off	13
2		1/27/2020	E5 + 5xHR	E4	Off or XT50	E6	Off	E7	Off	17
3		2/3/2020	E5 + 6xHR	E4	Off or XT50	E6	Off	E8	Off	18
4		2/10/2020	E5 + 6xHR	E4	Off or XT50	E6	Off	E8	Off	18
5	Time Trial	2/17/2020	E5 + 7xHR	E5	Off or XT50	E6	Off	6.2TT	Off	19
6	Base Building General Aerobic Runs	2/24/2020	E5 + 8xHR	E5	XT50	E7	Off	E6 + LT2 = 8	Off	22
7		3/2/2020	E5 + 8xHR	E5	XT50	E7 or E4	Off	E6 + LT3 = 9 or E2	Off	23
8		3/9/2020	E6 + 8xHR	E5	XT50	E7	Off	E6 + LT4 = 10	Off SD Half	24
9	Recovery	3/16/2020	E6	E5	Off or XT50	E6	Off	E8	Off	23
10	Strength & VO2max	3/23/2020	E1 + LT6	E4 + HRs	XT60	E3+2x2@HMP(2R)	Off	E7 + LT4 = 11	Off	26
11		3/30/2020	E1 + LT6	E4 + HRs	XT60	E3+2x2@HMP(2R)	Off	E8 + LT4 = 12	Off	27
12		4/6/2020	E1 + LT6	E4 + HRs	Off	E3+2x2@HMP(2R)	Off	E8 + LT5 = 13	Off	28
13	Recovery	4/13/2020	E7 + 8xHR	E2 + LT4	Off or XT50	E6	Off	E8	Off	25
14	Final Build-up LONG Run	4/20/2020	E7	E4* or E2 + LT4	XT60	E4+4x800m(2R) @ 5 k Pace	J3*	J30* or E11	Off La Jolla Half RACE!!! 13.1*	29
15		4/27/2020	E6 + 8xHR	E5* or E2 + LT4	XT60	E4+5x800m(2R) @ 5 k Pace	Off	E12	Off	30
16		5/4/2020	E6 + 8xHR	E2 + LT4	XT60	E4+6x800m(2R) @ 5 k Pace	Off	E13	Off	32
17	Taper & Race	5/11/2020	E6 + 8xHR	HMP5	XT60	E7	Off	E10	Off	28
18		5/18/2020	E5	HMP5	XT60	E7	Off	E8	Off	25
19		5/25/2020	E5	E4	Off	E5	J3	OFF or W30	Off RnR 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
 W = Walk

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, 19 Weeks

Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	1/20/2020	Off	E4	Off or XT50	E4	Off	E5	Off	13
2		1/27/2020	E4	E4	Off or XT50	E4	Off	E6	Off	17
3		2/3/2020	E4	E4	Off or XT50	E4	Off	E7	Off	18
4		2/10/2020	E4	E4	Off or XT50	E4	Off	E8	Off	18
5	Time Trial	2/17/2020	E5	E5	Off or XT50	E5	Off	6.2TT	Off	21
6	Base Building General Aerobic Runs	2/24/2020	E5	E5	XT50	E6	Off	E8	Off	24
7		3/2/2020	E5	E5	XT50	E6	Off	E10	Off	26
8		3/9/2020	E5	E5	XT50	E6	Off	E12	SD Half	28
9	Recovery	3/16/2020	E5	E5	Off or XT50	E6	Off	E8	Off	24
10	Strength & VO2max	3/23/2020	E6	E4 + HRs	XT60	E6	Off	E12	Off	29
11		3/30/2020	E6	E4 + HRs	XT60	E6	Off	E14	Off	31
12		4/6/2020	E6	E4 + HRs	XT60	E6	Off	E16	Off	32
13	Recovery	4/13/2020	E6	E6	Off or XT50	E5* or E8	E3*	RJ30* or E12	Off	37
14	Final Build-up LONG Run	4/20/2020	E7	E2 + LT5	XT60	E8	Off	E16	La Jolla Half RACE!!! 13.1*	38 34*
15		4/27/2020	E7	E2 + LT5	XT60	E8	Off	E18	Off	39
16		5/4/2020	E7	E2 + LT5	XT60	E8	Off	E21	Off	42
17	Taper & Race	5/11/2020	E7	HMP6	XT60	E8	Off	E16	Off	37
18		5/18/2020	E7	HMP6	XT60	E8	Off	E12	Off	33
19		5/25/2020	E6	E4	Off	E6	E2	OFF	RnR RACE!!! 13.1	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, 19 Weeks

PR Chasers Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building	1/20/2020	Off	E5	E5	E5	Off	E8	Off	23
2		1/27/2020	E5 + 5xHR	E5 + Strides	E5	E5 + Strides	Off	E10	Off	30
3		2/3/2020	E5 + 6xHR	E2 + 3x1mi@10k w/1:00RJ	R5	E6 + Strides	Off	E11	Off or R4	37
4		2/10/2020	E5 + 6xHR	E2 + 3x1mi@10k w/1:00RJ	R5	E6 + Strides	Off	E12	Off or R4	37
5	Time Trial	2/17/2020	E5 + 7xHR	E5	Off	E6 + Strides	Off	6.2TT	Off or R4	26.2
6	Strength	2/24/2020	E5 + 8xHR	E2 + LT4	R5	E2 + 4x1mi@10k w/1:00RJ	Off	E13	Off or R4	39
7		3/2/2020	E5 + 8xHR	E2+6x800m@5k w/3:00RJ	R5	E3 + LT4	Off	E14	Off or R4	41
8		3/9/2020	E6 + 8xHR	E2 + LT5	R5	E2 + 5x1mi@10k w/1:00RJ	Off	E15	Off or R4 (SD HALF)	44
9	Recovery	3/16/2020	E6	E6	E5	E7 + Strides	Off	E12	Off	36
10	Strength	3/23/2020	E1 + LT6	E4 + HRs	E5	E3 + LT5	Off	E16	Off or R4	44
11		3/30/2020	E1 + LT6	E4 + HRs	E5	E3 + 6x800m@5k w/3:00RJ	Off	E18	Off or R4	45
12		4/6/2020	E1 + LT6	E4 + HRs	E5	E10	Off	E20	Off or R4	50
13	Recovery	4/13/2020	E7 + 8xHR	MP7 or E6	E4 or Off	E11 or E6	Off	E18 or E4	Off or R4	51
14	Specific Endurance	4/20/2020	E7	MP7	R5	E11	Off	E20 or W3	Off or R4 LJHM Race	43 or 35.1
15		4/27/2020	E8 + 8xHR	MP7	R5	E12	Off	E21+LT4	Off or R4	53
16		5/4/2020	E8 + 8xHR	MP7	R6	E12	Off	E23	Off or R4	56
17		5/11/2020	E8 + 8xHR	MP7	R6	E12	Off	E14+LT4	Off or R4	51
18	Taper & Race	5/18/2020	E8	MP7	E5	E6	Off	E12	Off	38
19		5/25/2020	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



BLACK FLAG
Running Club

Race: **5/31/2020**

12 Week Half Marathon Training Schedule

RnR Training after SD Half

Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building General Aerobic Runs	3/16/2020	E4	E4	Off or XT50	E4	Off	E6	Off	18
2		3/23/2020	E4	E4	Off or XT50	E4	Off	E7	Off	19
3	Pace Race	3/30/2020	E4	E4	Off or XT50	E4	Off	6.2TT	Off	18
4	Base Building General Aerobic Runs	4/6/2020	E4	E5	XT50	E5	Off	E8	Off	22.5
5		4/13/2020	E4	E5	XT50	E5	Off	E9	Off	25
6		4/20/2020	E4	E5	XT50	E5	Off	E10	Off	27
7	Recovery	4/27/2020	E4	E5	XT50	E5	Off	E8	Off	22
8	Long Run & Race Prep	5/4/2020	E5	E2 + LT3 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E11	Off	25
9		5/11/2020	E5	E2 + LT4 @ 1mi INT w/ 1:00min RJ	XT60	E6	Off	E13	Off	29
10	Taper & Race	5/18/2020	E5	E2 + LT4	XT60	E6	Off	E8	Off	24
11		5/25/2020	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



BLACK FLAG

Running Club

Race: **5/31/2020**

12 Week Half Marathon Training Schedule

RnR Training after SD Half

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	3/16/2020	4/1	4/6	W40	INT40	Off or W40	INT40	Off	INT70	Off
2		3/23/2020	3/2	4/6	W40	INT40	Off or W40	INT40	Off	INT80	Off
3	Pace Race	3/30/2020	3/2	4/6	W40	INT40	XT or INT40	INT40	Off	INT70 or 6.2TT	Off
4	Base Building General Aerobic Runs	4/6/2020	2/3	3/7	W50	INT50	XT or INT50	INT50	Off	INT90	Off
5		4/13/2020	2/3	3/7	INT50	INT50	XT or INT50	INT50	Off	INT100	Off
6		4/20/2020	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT110	Off
7	Recovery	4/27/2020	1/4	2/8	INT50	INT50	XT or INT50	INT50	Off	INT80	Off
8	Final Build-up	5/4/2020	2/8	2/13	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT120	Off
9		5/11/2020	2/8	2/13	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT130	Off
10	Taper & Race	5/18/2020	1/9	1/14	INT60	INT60 @ INT	XT or INT60	INT60	Off	INT100	Off
11		5/25/2020	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.