



Summer AFC Half Marathon Training Schedule

11 Week Training Program

8/19/2018

Group Running Schedule

		Tuesday Group Runs (All 4-7 miles)				Saturday LONG Runs (Mileage Varies)			
Wk	Cycle	Tues Date	Tuesday Group Run (Meeting Location)	Post Run Work	Seminar	Sat Date	Saturday Long Run (Meeting Location)	Dist (Min/Mi/Mi)	Seminar
1	Recovery, Base Building General Aerobic Conditioning	6/5/2018	Liberty Station Harbor Run (Liberty Station)	Core		6/9/2018	S. Mission Beach Boardwalk (S. Mission Beach Pkg lot)	60/6/7	
2		6/12/2018	Belmont Park 3099 Ocean Front Walk	Core	Core Workouts & Strength	6/16/2018	Balbo Park Kate Sessions Statue	70/7/8	Training Program Review
3		6/19/2018	Sail Bay Loop (Crown Point)	Core		6/23/2018	Road Runner Sports (5549 Copley Dr. 92111)	80/8/9	Shoe Fit Clinic by Road Runner Sports
4	Time Trial	6/26/2018	** 10k TIME TRIAL ** Sail Bay Out & Back (Crown Point)	TT		6/30/2018	Mission Trails Bushy Hill Rd Santee CA 92071	80/8/10	
5	Speed & VO2 Max (VO2m) Specialty Runs	7/3/2018	Amic Park, Little Italy (Genesis Run)	Core		7/7/2018	San Diego Bay 1 (Shelter Island)	90/8/11	
6		7/10/2018	Track Workout (Location TBD)	Track & VO2max		7/14/2018	To La Jolla Cove (South Mission)	100/9/12	
7		7/17/2018	Track Workout (Location TBD)	Track & VO2max		7/21/2018	Bridge Run (Balboa Park Fountain)	110/11/14	
8		Rest & Recovery	7/24/2018	Track Workout (Location TBD)	Track & VO2max		7/28/2018	San Diego Bay 1 (Shelter Island)	90/8/10
9	Long Run, Strength, Taper & Race	7/31/2018	AFC Hills (Balboa Park)	Hill RPTs		8/4/2018	AFC Sample Pak (President's Way - Balboa Park)	140/13/15	Long Run
10		8/7/2018	AFC Hills (Balboa Park)	Hill RPTs		8/11/2018	Mission Bay Inner Loop (Crown Point)	110/8/11	Race Prep & Review
11		8/14/2018	Balboa Park Loop Run (AFC Start: Park Blvd & Zoo Pl)			Race Day Review	8/18/2018	RACE: AFC 1/2 Marathon NOTE: Sunday, 8/19/18	13.1



11 Week Half Marathon Training Program

Race: **8/19/2018**
Interval (Walk/Run) Training Program

Wk	Phase	Week Of	INT-A	INT-B	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Base Building	6/4/2018	3/2	2/8	E50	E50	Rest or XT50	E50	Rest	E60	Rest
2		6/11/2018	3/2	2/8	E50	E50	Rest or XT50	E50	Rest	E70	Rest
3		6/18/2018	3/2	2/8	E50	E50	Rest or XT50	E50	Rest	E80	Rest
4	Time Trial	6/25/2018	1/4	1/9	E60	6.2TT	XT50	E60	Rest	E70	Rest
5	Strength & LT Specialty Runs	7/2/2018	1/4	1/9	E60	E50	XT50	E60	Rest	E90	Rest
6		7/9/2018	1/4	1/9	E60	E2 + 5x800 INT w/ 2:00min RJ	XT50	E60	Rest	E100	Rest
7		7/16/2018	1/4	1/9	E60	E2 + 6x800 INT w/ 2:00min RJ	XT50	E60	Rest	E110	Rest
8	Recover	7/23/2018	2/8	2/13	E70	E2 + 4x800 INT w/ 2:00min RJ	XT60	MLR80	Rest	E90	Rest
9	Long Run, Taper & Race Prep	7/30/2018	2/8	2/13	E70	E60 w/ HILL	XT60	MLR80	Rest	E140	Rest
10		8/6/2018	1/9	1/14	E70	E60 w/ 5xLT INTs	XT60	MLR80	Rest	E110	Rest
11		8/13/2018	1/9	1/14	E60	E50	Off	E60	Marathon NOTE: Sunday, 8/21/16	E20 or Rest	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 MIN

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

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 Program

Race: **8/19/2018**
 Intermediate Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building	6/4/2018	E4	E5	Rest or XT50	E5	Off	E6	Off	21
2		6/11/2018	E4	E5	Rest or XT50	E5	Off	E7	Off	22
3		6/18/2018	E4	E5	Rest or XT50	E5	Off	E8	Off	20
4	Time Trial	6/25/2018	E5	6.2TT	XT50	E6	Off	E8	Off	24
5	Strength & LT Specialty Runs	7/2/2018	E5	E5	XT50	E6	Off	LR 8.5	Off	25.5
6		7/9/2018	E5	E2 + 4x800 INT w/ 2:00min RJ	XT50	E6	Off	LR 9.5	Off	28
7		7/16/2018	E5	E2 + 5x800 INT w/ 2:00min RJ	XT60	E6	Off	LR11	Off	25
8	Recover	7/23/2018	E6	E2 + 6x800 INT w/ 2:00min RJ	XT60	E7	Off	E8	Off	30
9	Long Run, Taper & Race Prep	7/30/2018	E6	E1 + LT5 HILL	XT60	E7	Off	LR13	Off	32
10		8/6/2018	E6	E1 + LT5	XT60	E7	Off	E8	Off	27
11		8/13/2018	E5	E4 + Strides	Off	E5	Off	R2	RACE: AFC 1/2 Marathon NOTE: Sunday,	29.1

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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 VO2m runs



11 Week Half Marathon Training Program

Race: **8/19/2018**
 PR Chasers - Running Program

Wk	Phase	Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mileage
1	Base Building	6/4/2018	E5	E5	E5 or XT60	E6	Off or XT60	E7	Off	31
2		6/11/2018	E6 + 4HRs	E1 + 3x1mi@LT w/ 1:00min RJ	E5 or XT60	E6	Off or XT60	E8	Off or R4	38
3		6/18/2018	E6 + 5HRs	E1 + 4x1mi@LT w/ 1:00min RJ	Rest or XT60	E6 + Strides	Off or XT60	E9	Off or R4	28.2
4	Time Trial	6/25/2018	E6 + 6HRs	6.2TT	E5 or XT60	E3 + LT4	Off or XT60	E10	Off or R4	40
5	Strength & LT Speciality Runs	7/2/2018	E6 + 7HRs	E2 + 4x800 INT w/ 2:00min RJ	E5 or XT60	E3 + LT4	Off or XT60	E7 + LT4 = 11	Off or R4	42
6		7/9/2018	E7 + 8HRs	E2 + 5x800 INT w/ 2:00min RJ	E5 or XT60	E2 + LT5	Off or XT60	E8 + LT4 = 12	Off or R4	44
7		7/16/2018	E7	E2 + 6x800 INT w/ 2:00min RJ	Rest or XT60	E7	Off or XT60	E10 + LT4 = 14	Off	27
8	Recover	7/23/2018	E7 + 8HRs	E2 + 7x800 INT w/ 2:00min RJ	E6 or XT60	E3 + 2x2mi@LT w/ 2:00min RJ	Off or XT60	E10	Off or R4	46
9	Long Run, Taper & Race Prep	7/30/2018	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
10		8/6/2018	E7 + 8HRs	E1 + LT6	E6 or XT60	E1 + 3x2mi@LT w/ 2:00min RJ	Off or XT60	E8 + LT3 = 11	Off or R4	42
11		8/13/2018	E5	E5 + Strides	E4 or XT60	E5	Off	R2	RACE: AFC 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