



**Inland Empire Running Club
Generic Full Marathon
Training Schedule
By: Coach Reggie Thomas**

| FOCUS: Build Volume (Low Heart Rate) Form & Strength | | | | | | | Base Phase One | |
|--|-----------------------|------|-----------------------------------|-----------------------|------|---------------------------------|-------------------------|------------------|
| Week # | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Notes |
| 1 | 30 min aerobic | Rest | 45 min aerobic | 30 min aerobic | Rest | 3 miles aerobic | X-Train | |
| 2 | 30 min aerobic | Rest | 45 min aerobic | 30 min aerobic | Rest | 4 miles aerobic | X-Train | |
| 3 | 30 min aerobic | Rest | 45 min aerobic | 30 min aerobic | Rest | 5 miles aerobic | X-Train | |
| 4 | 30 min aerobic | Rest | 30 min aerobic | 30 min aerobic | Rest | 6 miles aerobic | X-Train | |
| FOCUS: More Volume (Low Heart Rate) Form & Strength | | | | | | | Base Phase Two | |
| 5 | 30 min aerobic | Rest | 45 min aerobic | 30 min aerobic | Rest | 8 miles aerobic | X-Train | |
| 6 | 30 min aerobic | Rest | 45 min aerobic | 40 min aerobic | Rest | 9 miles aerobic | X-Train | |
| 7 | 30 min aerobic | Rest | 45 min aerobic | 40 min aerobic | Rest | 10 miles aerobic | X-Train | |
| 8 | 30 min aerobic | Rest | 30 min aerobic | 30 min aerobic | Rest | 8 miles aerobic | X-Train | |
| FOCUS: More Volume (Low Heart Rate) Form & Strength | | | | | | | Base Phase Three | |
| 9 | 30 min aerobic | Rest | 45 min aerobic | 40 min aerobic | Rest | 12 miles aerobic | X-Train | |
| 10 | 40 min aerobic | Rest | 50 min aerobic | 40 min aerobic | Rest | 13 miles aerobic | X-Train | |
| 11 | 40 min aerobic | Rest | 50 min aerobic | 40 min aerobic | Rest | 14 miles aerobic | X-Train | |
| 12 | 30 min aerobic | Rest | 30 min aerobic | 30 min aerobic | Rest | 8 miles aerobic | X-Train | |
| Focus: Build Intensity | | | | | | | Building Phase Four | |
| 13 | 45 min MRP | Rest | 45 min MRP | 45 min aerobic | Rest | 16 miles aerobic | X-Train | |
| 14 | 45 min MRP | Rest | 45 min MRP | 45 min aerobic | Rest | 18 miles aerobic | X-Train | |
| 15 | 45 min MRP | Rest | 45 min MRP | 45 min aerobic | Rest | 10 miles aerobic | X-Train | |
| 16 | 30 min MRP | Rest | 30 min MRP | 30 min aerobic | Rest | 12 miles MRP | X-Train | |
| Focus: Begin Building Intensity | | | | | | | Building Phase Five | |
| 17 | 45 min MRP | Rest | 4X6:30 min @ AT, 3:30 min easy | 45 min MRP | Rest | 9 miles, with hills | X-Train | |
| 18 | 45 min MRP with hills | Rest | 4 X 7:00 min at AT, 3 min easy | 45 min aerobic | Rest | 14 miles MRP | X-Train | |
| 19 | 45 min MRP with hills | Rest | 4 X 7:30 min at AT, 3 min easy | 45 min aerobic | Rest | 16 miles MRP | X-Train | |
| 20 | 30 min MRP | Rest | 30 min MRP | 30 min MRP | Rest | 18 miles MRP | X-Train | |
| Focus: Building Intensity | | | | | | | Peak Building Phase Six | |
| 21 | 60 min MRP with hills | Rest | 4 X 8:00 @ AT, 2:00 min easy | 60 min aerobic | Rest | 12 miles MRP aerobic | X-Train | |
| 22 | 60 min MRP with hills | Rest | 4 X 9:00 @ AT, 1:00 min easy | 60 min aerobic | Rest | 20 miles aerobic | X-Train | |
| 23 | 75 min aerobic | Rest | 4 X 10:00 min @ AT, 1:00 min easy | 60 min MRP with hills | Rest | 10 miles MRP | X-Train | |
| 24 | 40 min MRP | Rest | 2 X 20:00 min @ AT, 5 min easy | 40 min aerobic | Rest | 12 miles aerobic 8 miles MRP | X-Train | |
| Focus: Building Intensity, Then TAPER | | | | | | | Exponential TAPER - 7 | |
| 25 | 60 min MRP | Rest | 40 min AT | 40 min MRP | Rest | 6 miles w/hills MRP | X-Train | Taper |
| 26 | 30 min MRP | Rest | 30 min MRP | 30 min MRP | Rest | 6 miles MRP | X-Train | |
| 27 | 30 min MRP | Rest | 20 min MRP | 10 min MRP | Rest | 10 min MRP | RACE DAY!!! | CELEBRATE |
| 28 | Walk Slow | Rest | 30 min walk | 30 min walk | Rest | 30 min walk | Rest | |

TERMS:

Aerobic = Zone Two; an intensity level where you feel as if you could go forever; you can talk without noticeable pauses for breathing; slower than marathon pace

Marathon Race Pace (M.R.P.) = Zone Three; Lactate Threshold (M.R.P.); higher intensity than aerobic

Anaerobic Threshold (AT) = Zone Four; higher heart rate; heavier breathing; 5K or 10K level of intensity, 85% of maximum heart rate

X-Train = Anything but running (swim, bike, strength train)

Training at different levels of intensity is important to become more efficient in different areas. **PROPER EXERCISE & RECOVERY = OPTIMAL PERFORMANCE**