



IERC SPRING TO FALL TRAINING 2017

Training for Fontana Half & Long Beach Half

Schedule By: Coach Reggie Thomas

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
1 3/27 to 4/2	4 miles aerobic	Cross-train	4 miles aerobic	4 miles aerobic	Rest	6 miles aerobic S2F Kickoff	Rest	Base Phase LA Celebration Dinner
2 4/3 to 4/9	4 miles aerobic	Cross-train	4 miles aerobic	4 miles aerobic	Rest	8 miles aerobic	Rest	Base Phase Ragnar Weekend
3 4/10 to 4/16	5 miles aerobic	Cross-train	5 miles aerobic	4 miles aerobic	Rest	10 miles aerobic	Rest	Base Phase
4 4/17 to 4/23	5 miles aerobic	Cross-train	5 miles aerobic	5 miles aerobic	Rest	12 miles aerobic	Rest	Base Phase
5 4/24 to 4/30	5 miles aerobic	Cross-train	5 miles aerobic	5 miles aerobic	Rest	13 miles aerobic	Rest	Base Phase
6 5/1 to 5/7	5 miles aerobic	Cross-train	4 miles: 2 aerobic, 2 race pace	4 miles aerobic	Rest	6 miles race pace	Rest	Building Phase I OC Half & Full Marathon
7 5/8 to 5/14	6 miles aerobic	Cross-train	5 miles: 3 aerobic, 2 race pace	4 miles aerobic	Rest	8 miles race pace	Rest	Building Phase I Tinkerbell Half Marathon
8 5/15 to 5/21	6 miles aerobic	Cross-train	5 miles: 3 aerobic, 2 race pace	4 miles aerobic	Rest	10 miles race pace	Rest	Building Phase I
9 5/22 to 5/28	6 miles aerobic	Cross-train	6 miles: 3 aerobic, 3 race pace	5 miles aerobic	Rest	8 miles race pace	Rest	Building Phase I Mountains to Beach Marathon
10 5/29 to 6/4	3 miles aerobic	Rest or Cross-train	4 miles: 2 aerobic, 2 race pace	3 miles very easy	Rest	13 miles race pace RACE DAY!	Rest	Building Phase I Taper Week, Fontana Half



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11 6/5 to 6/11	6 x 400's 10K pace Rest 1:30	Rest or Cross-train	4 miles: 2 aerobic, 2 race pace	4 miles aerobic	Rest	6 miles aerobic	Rest	Building Phase II
12 6/12 to 6/18	8 x 400's 10K pace Rest 1:30	Rest or Cross-train	5 miles: 3 aerobic, 2 race pace	5 miles aerobic	Rest	7 miles aerobic	Rest	Building Phase II
13 6/19 to 6/25	10 x 400's 10K pace Rest 1:30	Rest or Cross-train	5 miles: 3 aerobic, 2 race pace	5 miles aerobic	Rest	8 miles aerobic	Rest	Building Phase II
14 6/26 to 7/2	4 x 800's 10K pace Rest 3:00	Rest or Cross-train	6 miles: 3 aerobic, 3 race pace	5 miles aerobic	Rest	9 miles aerobic	Rest	Building Phase II
15 7/3 to 7/9	5 x 800's 10K pace Rest 3:00	Rest or Cross-train	6 miles: 3 aerobic, 3 race pace	5 miles aerobic	Rest	10 miles: 5 aerobic, 5 race pace	Rest	Building Phase II
16 7/10 to 7/16	4 miles aerobic	Rest or Cross-train	4 miles aerobic	4 miles aerobic	Rest	6 miles aerobic	Rest	Building Phase II Cutback/Adaptation Week
17 7/17 to 7/23	6 x 800's 10K pace Rest 3:00	Rest or Cross-train	5 miles aerobic, hills	5 miles very easy	Rest	11 miles aerobic	Rest	Intensity & Peak Phase San Francisco Marathon
18 7/24 to 7/30	7 x 800's 10K pace Rest 3:00	Rest or Cross-train	5 miles aerobic, hills	5 miles very easy	Rest	12 miles aerobic	Rest	Intensity & Peak Phase
19 7/31 to 8/6	8 x 800's 10K pace Rest 3:00	Rest or Cross-train	6 miles, aerobic + fartleks	3 miles very easy	Rest	8 miles aerobic	Rest	Intensity & Peak Phase IERC Beach Run
20 8/7 to 8/13	8 x 800's 10K pace Rest 3:00	Rest or Cross-train	6 miles, aerobic + fartleks	3 miles very easy	Rest	13 miles aerobic	Rest	Intensity & Peak Phase



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21 8/14 to 8/20	8 x 800's 10K pace Rest 3:00	Rest or Cross-train	Progression Run, see notes on page 4	3 miles very easy	Rest	14 miles aerobic	Rest	Intensity & Peak Phase
22 8/21 to 8/27	4 miles aerobic	Rest or Cross-train	5 miles race pace	4 miles aerobic	Rest	6 miles race pace	Rest	Intensity & Peak Phase Cutback/Adaptation Week
23 8/28 to 9/3	6 miles aerobic, hills	Rest or Cross-train	6 miles race pace	5 miles aerobic	Rest	8 miles race pace	Rest	Intensity & Peak Phase Disneyland Half Marathon
24 9/4 to 9/10	6 miles aerobic, hills	Rest or Cross-train	6 miles race pace	5 miles aerobic	Rest	10 miles race pace	Rest	Intensity & Peak Phase
25 9/11 to 9/17	6 miles aerobic	Rest or Cross-train	6 miles race pace	6 miles aerobic	Rest	12 miles race pace	Rest	Intensity & Peak Phase Peak!
26 9/18 to 9/24	4 miles aerobic	Rest or Cross-train	4 miles race pace	3 miles very easy	Rest	8 miles race pace	Rest	Exponential Taper Phase
27 9/25 to 10/1	4 miles aerobic	Rest or Cross-train	4 miles: 2 aerobic, 2 race pace	Cross-train	Rest	8 miles aerobic	Rest	Exponential Taper Phase
28 10/2 to 10/8	3 miles aerobic	Rest	3 miles: 2 aerobic, 1 race pace	2 miles very easy	Rest	Rest	Rest RACE DAY!	Exponential Taper Phase Long Beach Half Marathon



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TERMS YOU WANT TO KNOW:

Aerobic Pace: an intensity where you feel you could run forever; you can talk without noticeable pauses for breathing; usually 60-90 seconds per mile slower than race pace.

Race Pace: the speed or pace you are training for and plan to run during your race

10K Pace: a moderately hard run that can be sustained for 6 miles. It is 85% of your maximum capacity. IERC will provide your 10K pace on a chart based on your selected pace group.

Cross-train: anything other than running (biking, swimming, strength training, yoga)

Fartleks: means "speed play". It is an aerobic run (slower run) that intermixes short periods of fast running. The short fartlek is an outright sprint.

Week 19 – Do 6 fartleks for 100 yards; Week 20 – Do 6 fartleks for 150 yards

Speed Work: These are workouts that improve foot speed and cardiovascular strength. Also called "repeats" or "intervals". A repeat is a fast, short segment of running that is repeated throughout the workout.

See schedule for specific speed workouts. For each speed workout, do a 1 mile warm up (at an easy pace) and a 1 mile cool down (at an easy pace). During the "rest" times, you are jogging around the track before the next interval.

400 meters = 1 lap around a track or 0.25 miles on your Garmin

800 meters = 2 laps around a track or 0.50 miles on your Garmin

Progression Run: A run with structure pace that increases from beginning to end

Week 21 – Run 2 miles 15 seconds slower than Race Pace, then 2 miles at Race Pace, and 1 mile 15 seconds faster than Race Pace

CHART OF TARGET PACE:

Pace Group	Race Pace	Aerobic Pace	1 Mile Pace	5K Pace	10K Pace
#1	7:30	9:00	5:49	6:30	7:00
#2	8:00	9:30	6:12	6:55	7:30
#3	8:30	10:00	6:35	7:20	8:00
#4	9:00	10:30	6:58	7:45	8:30
#5	9:30	11:00	7:22	8:15	9:00
#6	10:00	11:30	7:45	8:40	9:15
#7	10:30	12:00	8:08	9:10	9:30
#8	11:00	12:30	8:32	9:30	10:00
#9	11:30	13:00	8:55	9:55	10:30
#10	12:00	13:30	9:18	10:30	11:00
R/W #1	9:54	11:40	8:25	9:05	9:26
R/W #2	11:02	12:45	9:26	10:07	10:32
R/W #3	12:36	14:40	10:52	11:36	12:04
R/W #4	13:47	15:40	11:58	12:42	13:14
Walk #1	15:00	16:30	11:20	12:45	13:45