

INLAND EMPIRE RUNNING CLUB - Training Schedule - for the LA Marathon on March 18, 2018

By: Coach Reggie Thomas

BASE PHASE

(see last page for description)

****All AEROBIC TRAINING
during this first phase****

Week 1 October 14-15

Saturday: 3 miles Kick-Off Day!

Sunday: cross train

Week 2 October 16-22

Monday: 3 miles

Tuesday: 3 miles

Wednesday: cross train or rest

Thursday: 3 miles

Friday: Rest

Saturday: 5 miles

Sunday: cross train or rest

Week 3 October 23-29

Monday: 3 miles

Tuesday: 3 miles

Wednesday: cross train or rest

Thursday: 4 miles

Friday: Rest

Saturday: 6 miles

Sunday: cross train or rest

Week 4 October 30-November 5

Monday: 4 miles

Tuesday: 4 miles

Wednesday: cross train or rest

Thursday: 4 miles

Friday: Rest

Saturday: 7 miles

Sunday: cross train or rest

Week 5 November 6-12

Monday: 4 miles

Tuesday: 5 miles

Wednesday: cross train or rest

Thursday: 5 miles

Friday: Rest

Saturday: 8 miles Ragnar Trail

Sunday: cross train or rest

CUTBACK WEEK

(see last page for description)

Week 6 November 13-19

Monday: 3 miles

Tuesday: 3 miles

Wednesday: cross train or rest

Thursday: 3 miles

Friday: Rest

Saturday: 6 miles

Sunday: cross train or rest

***Items in RED are Optional.**

If you need a little more rest,

Don't do these options*

BUILD PHASE I

(see last page for description)

Week 7 November 20-26

Monday: 5 miles, aerobic

Tuesday: 3-**5 miles**, race pace

Wednesday: cross train or rest

Thursday: 6 miles, aerobic

Friday: Rest

Saturday: 10 miles, aerobic

Sunday: cross train or rest

Wk 8 November 27-December 3

Monday: 6 miles, aerobic

Tuesday: 3-**5 miles**, race pace

Wednesday: cross train or rest

Thursday: 6 miles, aerobic

Friday: Rest

Saturday: 11 miles (8 miles aerobic, 3 miles race pace)

Sunday: cross train or rest

Week 9 December 4-10

Monday: 7 miles, aerobic

Tuesday: 3-**5 miles**, race pace

Wednesday: cross train or rest

Thursday: 7 miles, aerobic

Friday: Rest

Saturday: 12 miles (9 miles aerobic, 3 miles race pace)

Sunday: cross train or rest

Holiday Half Marathon

Week 10 December 11-17

Monday: 7 miles, aerobic

Tuesday: 3-**6 miles**, race pace

Wednesday: cross train or rest

Thursday: 7 miles, aerobic

Friday: Rest

Saturday: 13 miles (10 miles aerobic, 3 miles race pace)

Sunday: cross train or rest

Week 11 December 18-24

Monday: 8 miles, aerobic

Tuesday: 3-**6 miles**, race pace

Wednesday: cross train or rest

Thursday: 7 miles, aerobic

Friday: Rest

Saturday: 14 miles (10 miles aerobic, 4 miles race pace)

Sunday: cross train or rest

CUTBACK WEEK

Week 12 December 25-31

Monday: 6 miles, aerobic

Tuesday: 4 miles, race pace

Wednesday: cross train or rest

Thursday: 4-**6 miles**, aerobic

Friday: Rest

Saturday: 8 miles aerobic

Sunday: cross train or rest



BUILD PHASE II

(see last page for description)

***Items in RED are Optional.**

If you need a little more rest,

Don't do these options*

Week 13 January 1-7

Monday: 8 x 400s @ 10K pace

New Year's Day Bandit Run

Tuesday: **6 miles, aerobic OPTIONAL**

Wednesday: 3-**5 miles**, race pace

Thursday: 6 miles, aerobic

Friday: Rest

Saturday: 15 miles, aerobic

Sunday: cross train or rest

Week 14 January 8-14

Monday: 8 x 400s @ 10K pace

Tuesday: **7 miles, aerobic OPTIONAL**

Wednesday: 3-**5 miles**, race pace

Thursday: 7 miles, aerobic

Friday: Rest

Saturday: 16 miles (12 miles aerobic, 4 miles race pace)

Sunday: cross train or rest

Week 15 January 15-21

Monday: 10 x 400s @ 10K pace

Tuesday: **7 miles, aerobic OPTIONAL**

Wednesday: 3-**6 miles**, race pace

Thursday: 7 miles, aerobic w/ hills

Friday: Rest

Saturday: 18 miles (14 miles aerobic, 4 miles race pace)

Sunday: cross train or rest

Week 16 January 22-28

Monday: 2 x 400s, 4 x 800s, 2 x 400s @ 10K pace

Tuesday: **7 miles, aerobic OPTIONAL**

Wednesday: 3-**6 miles**, race pace

Thursday: 7 miles, aerobic w/ hills

Friday: Rest

CUTBACK Saturday

Saturday: 12 miles, aerobic

Sunday: cross train or rest

PEAK PHASE

(see last page for description)

Week 17 January 29-February 4

Monday: 6 x 800s @ 10K pace

Tuesday: **7 miles, aerobic OPTIONAL**

Wednesday: Progression Run – 6 miles (2 miles @ race pace, 2 miles 10 seconds per mile faster than race pace and 2 miles 15 seconds faster than race pace)

Thursday: 4-**7 miles**, aerobic

Friday: Rest

Saturday: 20 miles, aerobic

Sunday: cross train or rest

Surf City Half Marathon



Week 18 February 5-11

Monday: 7 x 800s @ 10K pace

Tuesday: **7 miles, aerobic OPTIONAL**

Wednesday: Progression Run – 6 miles (2 miles @ race pace, 2 miles 10 seconds per mile faster than race pace and 2 miles 15 seconds faster than race pace)

Thursday: 5-**8 miles**, aerobic

Friday: Rest

CUTBACK Saturday

Saturday: 13 miles, aerobic

Sunday: cross train or rest

Week 19 February 12-18

Monday: 8 x 800s @ 10K pace

Tuesday: **7 miles, aerobic OPTIONAL**

Wednesday: 5-**8 miles**, race pace

Thursday: 8 miles, aerobic

Friday: Rest

Saturday: 18 miles (10 miles aerobic, 8 miles race pace)

Sunday: cross train or rest

Week 20 February 19-25

Monday: 2 x 400s, 7 x 800s, 2 x 400s @ 10K pace

Tuesday: **7 miles, aerobic OPTIONAL**

Wednesday: 5-**8 miles**, race pace

Thursday: 8 miles, aerobic

Friday: Rest

Saturday: 20 miles (12 miles aerobic, 8 miles race pace)

Sunday: cross train or rest

TAPER PHASE

(see last page for description)

Week 21 February 26-March 4

Monday: 4 x 800s @ 10K pace

Tuesday: **5 miles, aerobic OPTIONAL**

Wednesday: 3-**5 miles**, aerobic

Thursday: 5 miles, race pace

Friday: Rest

Saturday: 12 miles, aerobic

Sunday: cross train or rest

Week 22 March 5-11

Monday: 6 x 400s @ 10K pace

Tuesday: 3-**5 miles**, aerobic

Wednesday: cross train or rest

Thursday: 4 miles, race pace

Friday: Rest

Saturday: 8 miles, aerobic

Sunday: cross train or rest

Wk 23 March 12-18 RACE WEEK!

****Focus on your mental game, nutrition, sleep, and hydration.**

Stretch every day**

Monday: 4 miles (2 miles aerobic, 2 miles race pace)

Tuesday: 3 miles, very easy

Wednesday: Rest

Thursday: 3 miles, very easy

Friday: **REST, REST, REST**

Saturday: **REST, REST, REST**

SUNDAY: RACE DAY!

You're doing the LA Marathon!!!

BASE PHASE: All Aerobic training at a low intensity and low heart rate to lay foundation for the rest of training period.

IN THIS PHASE ALL MILES ARE AEROBIC. Aerobic running is 60-90 seconds per mile slower than race pace or whatever pace it takes to be sure you are running while breathing easy, talking in full sentences and feeling like you can keep going for more miles.

CUTBACK WEEKS: Mileage reduction so that your body adapts to the load of the last 4 weeks of training. Your body needs to recover and adapt. Your legs will get stronger as you go through the cycle of training and adapting. This week will also allow your muscles to grow stronger before we move to the next phase.

BUILD PHASE I: Increase of weekly mileage and intensity. We will begin to do race pace workouts and targeted workouts that engage anaerobic running. See definitions to better understand anaerobic running.

BUILD PHASE II: Weekly mileage and intensity continues to increase; will begin to run 5 days a week rather than 4 times weekly.

PEAK PHASE: The most intense phase of marathon training.

TAPER PHASE: Congratulations! The hay is in the barn. The hard part of training is over. Now it's time to recover. The next 3 weeks you will have a gradual exponential taper where you wind down in mileage and intensity.

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.

ANAEROBIC PACE: High intensity where your body doesn't have enough oxygen to sustain for very long. Often done during interval training.

10K PACE: A moderately hard run that can be sustained for 6 miles. It is 85% of your maximum capacity. See pace chart below.

PROGRESSION RUN: A run with structure pace that increases from beginning to end.

Example: *Run 2 miles @ Race Pace, then 2 miles @ 10 seconds faster than Race Pace, and 2 miles @ 15 seconds faster than Race Pace.*

CROSS-TRAIN: anything other than running (biking, swimming, strength training, yoga, skydiving)

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. 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.

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

Pace Group	#1	#2	#3	#4	#5	#6	#7	#8	#9	R/W#1	R/W#2	R/W#3	Walk #1
Race Pace	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	11:30	12:30	13:40	15:00
Aerobic Pace	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	13:00	14:00	15:10	16:30
10K Pace	7:30	8:00	8:30	9:00	9:15	9:30	10:00	10:30	11:00	10:30	11:30	12:30	13:30



If you have any questions, contact your Pace Leader ☺