

IERC Training Schedule

Spring to Fall 2018

By: Coach Reggie Thomas



SEASON ONE

BASE PHASE

March 31

Saturday: 6 miles aerobic

Opening Day

April 1-7

Sunday: Rest

Monday: 4 miles aerobic

Tuesday: Cross Train

Wednesday: 4 miles aerobic

Thursday: 4 miles aerobic

Friday: Rest

Saturday: 7 miles aerobic

Ragnar Weekend

April 8-14

Sunday: Rest

Monday: 4 miles aerobic

Tuesday: Cross Train

Wednesday: 4 miles aerobic

Thursday: 4 miles aerobic

Friday: Rest

Saturday: 8 miles aerobic

April 15-21

Sunday: Rest

Monday: 5 miles aerobic

Tuesday: Cross Train

Wednesday: 5 miles aerobic

Thursday: 4 miles aerobic

Friday: Rest

Saturday: 9 miles aerobic

BUILD PHASE

April 22-28

Sunday: Rest

Monday: 5 miles aerobic

Tuesday: Cross Train

Wednesday: 6 miles @ Race Pace

Thursday: 4 miles aerobic

Friday: Rest

Saturday: 10 miles; (7 miles aerobic & 3 miles @ race pace)

Mt. Charleston

CUTBACK WEEK-see terms page 4

April 29-May 5

Sunday: Rest

Monday: 4 miles aerobic

Tuesday: Cross Train

Wednesday: 4 miles aerobic

Thursday: 4 miles aerobic

Friday: Rest

Saturday: 6 miles aerobic

May 6-12

Sunday: Rest OC Marathon

Monday: 1 mile warm-up, 8 x 400s @ 10K pace (2 minutes rest in between), & 1 mile cool-down

Tuesday: Cross Train

Wednesday: 6 miles (3 miles aerobic & 3 miles @ race pace)

Thursday: 5 miles aerobic

Friday: Rest

Saturday: 11 miles (8 miles aerobic & 3 miles @ race pace)

May 13-19

Sunday: Rest

Monday: 1 mile warm-up, 8 x 400s @ 10K pace (2 minutes rest in between), & 1 mile cool-down

Tuesday: Cross Train

Wednesday: 6 miles (3 miles aerobic & 3 miles @ race pace)

Thursday: 5 miles aerobic

Friday: Rest

Saturday: 12 miles (8 miles aerobic & 4 miles @ race pace)

May 20-26

Sunday: Rest

Monday: 1 mile warm-up, 10 x 400s @ 10K pace (2 minutes rest in between), & 1 mile cool-down

Tuesday: Cross Train

Wednesday: 6 mile progression (2 miles @ 30 sec/mile slower than race pace, 2 miles @ race pace & 2 miles @ 15 sec/mile faster than race pace, followed by half mile cool-down)

Thursday: 5 miles aerobic

Friday: Rest

Saturday: 13 miles (8 miles aerobic & 5 miles @ race pace)

May 27-June 2 CUTBACK WEEK

Sunday: Rest

Mountains to Beach

Monday: 1 mile warm-up, 5 x 400s @ 10K pace (2 minutes rest in between), & 1 mile cool-down

Tuesday: Cross Train

Wednesday: 4 miles aerobic

Thursday: 4 miles aerobic

Friday: Rest

Saturday: 8 miles aerobic

Fontana Half

PEAK PHASE

June 3-9

Sunday: Rest

Monday: 1 mile warm-up, 2 x 400s, 2 x 800s & 2 x 400s @ 10K pace **(2 minutes rest in between)**, & 1 mile cool-down

Tuesday: Rest or Cross Train

Wednesday: 6 miles aerobic

Thursday: 1 mile warm-up, 4 x (.50 uphill @ 30 sec/mile slower than race pace & .50 downhill @ marathon pace **NON-STOP**, 1 mile cool-down

Friday: Rest

Saturday: 10 miles (5 miles aerobic & 5 miles @ race pace)

June 10-16

Sunday: Rest

Monday: 1 mile warm-up, 2 x 400s, 2 x 800s, 1 x 1200, 1 x 800 and 2 x 400s @ 10K pace **(2 minutes rest in between)**, and 1 mile cool-down

Tuesday: Rest or Cross Train

Wednesday: 6 miles aerobic

Thursday: 1 mile warm-up, 4 x (.50 uphill @ 30 sec/mile slower than race pace and .50 downhill @ marathon pace **NON-STOP**, 1 mile cool-down

Friday: Rest

Saturday: 11 miles (6 miles aerobic and 5 miles @ race pace)

June 17-23

Sunday: Rest

Monday: 1 mile warm-up, 2 x 400s, 1 x 800, 1 x 1200s, 1 x 800 & 2 x 400s @ 10k pace **(2 minutes rest in between)**, 1 mile cool-down

Tuesday: Rest or Cross Train

Wednesday: 6 miles aerobic

Thursday: 6 mile progression (2 miles @ 15 sec/mile slower than race pace, 2 miles @ race pace & 2 miles @ 15 sec/mile faster than race pace, followed by half mile cool-down

Friday: Rest

Saturday: 7 miles (5 miles aerobic & 2 miles @ race pace)

June 24-30 TAPER WEEK

Sunday: Rest

Monday: 4 miles @ race pace

Tuesday: Rest or Cross Train

Wednesday: 4 miles aerobic

Thursday: 4 miles aerobic

(Optional)

Friday: Rest

Saturday: **IERC HALF MARATHON 13 miles @ race pace**



SEASON TWO

July 1-7 RECOVERY WEEK

Sunday: Rest

Monday: 3 miles very easy **(Optional)**

Tuesday: Rest or Cross Train

Wednesday: 4 miles aerobic

Thursday: 4 miles aerobic

Friday: Rest or Cross Train

Saturday: 6 miles aerobic **Kick-Off - Season Two**

BASE PHASE

July 8-14 EASY WEEK

Sunday: Rest

Monday: 4 miles aerobic

Tuesday: Rest or Cross Train

Wednesday: 5 miles aerobic

Thursday: 4 miles aerobic

Friday: Rest

Saturday: 7 miles aerobic

July 15-21

Sunday: Rest

Monday: 4 miles aerobic

Tuesday: Rest or Cross Train

Wednesday: 5 miles aerobic

Thursday: 5 miles aerobic

Friday: Rest

Saturday: 8 miles aerobic

July 22-28

Sunday: Rest

Monday: 5 miles aerobic

Tuesday: Rest or Cross Train

Wednesday: 5 miles aerobic

Thursday: 5 miles aerobic

Friday: Rest

Saturday – 9 miles aerobic

BUILD PHASE

July 29-August 4

Sunday: Rest

Monday: 5 miles aerobic

Tuesday: Rest or Cross Train

Wednesday: 6 miles @ Race Pace

Thursday: 4 miles aerobic

Friday: Rest

Saturday: 10 miles; (7 miles aerobic & 3 miles @ race pace)

IERC BEACH RUN!

August 5-11

Sunday: Rest

Monday: 6 miles aerobic

Tuesday: Rest or Cross Train

Wednesday: 6 miles; aerobic + fartleks (run aerobically & include 6 bursts of speed throughout the run where you run 5K pace for approximately 100 yards.

Thursday: 5 miles aerobic

Friday: Rest

Saturday: 11 miles (8 miles aerobic & 3 miles @ race pace)

August 12-18

Sunday: Rest

Monday: 1 mile warm-up 8 x 800s @ 10k pace, **(2 minutes rest between)**, 1 mile cool-down

Tuesday: Rest or Cross Train

Wednesday: 6 miles; aerobic + fartleks (run aerobically & include 6 bursts of speed throughout the run where you run 5K pace for 1:30 minutes)

Thursday: 5 miles very easy

Friday: Rest

Saturday: **12 miles (9 miles aerobic & 3 miles @ race pace)**

August 19-25 **CUTBACK WEEK**

Sunday: Rest

Monday: 1 mile warm-up, 5 x 400s @ 10K pace **(2 minutes rest in between)**, & 1 mile cool-down

Tuesday: Rest or Cross Train

Wednesday: 4 miles aerobic

Thursday: 4 miles aerobic

Friday: Rest

Saturday: **8 miles aerobic**



PEAK PHASE

August 26-September 1

Sunday: Rest

Monday: 1 mile warm-up, 6 x 800s @ 10k pace **(2 minutes rest in between)**, & 1 mile cool-down

Tuesday: Rest or Cross Train

Wednesday: 6 miles; aerobic + fartleks (run aerobically & with 6 bursts of speed throughout the run of 5K pace for 2:00 minutes)

Thursday: 5 miles easy

Friday: Rest

Saturday: **11 miles (8 miles aerobic & 3 miles @ race pace)**

September 2-8

Sunday: Rest

Monday: 1 mile warm-up, 6 x 800s @ **5K pace (2 minutes rest in between)**, & 1 mile cool-down

Tuesday: Rest or Cross Train

Wednesday: 5 miles @ race pace

Thursday: 5 miles easy

Friday: Rest

Saturday: **12 miles (8 miles aerobic & 4 miles @ race pace)**

September 9-15

Sunday: Rest

Monday: 1 mile warm-up, 8 x 800s (run first 4 @ 10k pace & last 4 @ 5k pace with 2 minutes rest in between), 1 mile cool-down

Tuesday: Rest or Cross Train

Wednesday: 7 mile Progression (2 miles @ race pace, 2 miles @ 15 sec/mile faster than race pace, 2 miles @ 30 seconds faster than race pace), 1 mile cool-down

Thursday: 5 miles easy

Friday: Rest

Saturday: **13 miles (8 miles aerobic & 5 miles @ race pace)**

TAPER PHASE

September 16-22

Sunday: Rest

Monday: 5 miles aerobic

Tuesday: Rest or Cross Train

Wednesday: 4 miles @ race pace

Thursday: 5 miles aerobic

Friday: Rest

Saturday: **8 miles (4 miles aerobic & 4 miles @ race pace)**

September 23-29

Sunday: Rest

Monday: 4 miles aerobic

Tuesday: Rest or Cross Train

Wednesday: 4 miles (2 miles aerobic & 2 miles @ race pace)

Thursday: 4 miles aerobic

Friday: Rest

Saturday: **8 miles aerobic**

September 30-October 6

RACE WEEK

Sunday: Rest

Monday: 4 miles (2 miles aerobic & 2 miles @ race pace)

Tuesday: Rest

Wednesday: 3 miles aerobic

Thursday: 3 miles aerobic

Friday: Rest

Saturday: **6 miles race pace**

If you are racing Sunday - Rest, light stretching, eat properly & hydrate

Sunday: **LONG BEACH**

HALF MARATHON!

October 7 -13

RECOVERY WEEK

Saturday: **Victory Lap**

BASE PHASE: All Aerobic training. 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.

BUILD PHASE: 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.

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.

CUTBACK WEEK: 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.

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 15 seconds slower than Race Pace, then 2 miles at Race Pace, and 1 mile 15 seconds faster than Race Pace.*

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

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	#10	R/W#1	R/W#2	R/W#3	R/W#4	Walk #1
Race Pace	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	9:54	11:02	12:36	13:47	15:00
Aerobic Pace	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	11:40	12:45	14:40	15:40	16:30
10K Pace	7:00	7:30	8:00	8:30	9:00	9:15	9:30	10:00	10:30	11:00	9:26	10:32	12:04	13:14	13:45

