



Reggie Thomas, IERC Club Coach
RRC A Certified Level 1 Coach

**2021 Spring to Fall Half Marathon Training
Inland Empire Running club
Season 2**

BASE PHASE

WEEK OF JUNE 13 (Transition & Cutback Week)

Sunday – Rest
Monday – 4 miles aerobic
Tuesday – Cross Train
Wednesday – 4 miles aerobic
Thursday – 4 miles aerobic
Friday – Rest
Saturday – 4 miles aerobic

WEEK OF JUNE 20

Sunday – Rest
Monday – 4 miles aerobic
Tuesday – Cross Train
Wednesday – 4 miles aerobic
Thursday – 3 miles Race Pace
Friday – Rest
Saturday – 5 miles aerobic

WEEK OF JUNE 27

Sunday – Rest
Monday – 4 miles aerobic
Tuesday – Cross Train
Wednesday – 4 miles aerobic
Thursday – 3 miles Race Pace
Friday – Rest
Saturday – 6 miles aerobic

WEEK OF JULY 4

Sunday – Rest

Monday – 4 miles aerobic
Tuesday – Cross Train
Wednesday – 4 miles aerobic
Thursday – 3 miles Race Pace
Friday – Rest
Saturday – 7 miles aerobic

WEEK OF JULY 11 (Cutback Week)

Sunday – Rest
Monday – 4 miles aerobic
Tuesday – Cross Train
Wednesday – 4 miles aerobic
Thursday – 4 miles aerobic
Friday – Rest
Saturday – 6 miles aerobic

BUILD PHASE

WEEK OF JULY 18

Sunday – Rest
Monday – Speedwork: 6 x 800s at 10k pace with 2 minutes rest between intervals + 1 mile warmup and 1 mile cooldown.
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – Race Pace Run: 2 mile warmup, 4 miles at race pace, 1 mile cooldown
Friday – Rest
Saturday – 8 miles aerobic

WEEK OF JULY 25

Sunday – Rest
Monday – Speedwork: 6 x 800s at 10k pace with 2 minutes rest between intervals + 1 mile warmup and 1 mile cooldown
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – Race Pace Run: 2 mile warmup, 4 miles at race pace, 1 mile cooldown
Friday – Rest
Saturday – 9 miles aerobic

WEEK OF AUGUST 1

Sunday – Rest
Monday – Speedwork: 6 x 800s at 10k pace with 2 minutes rest between intervals + 1 mile warmup and 1 mile cooldown
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – Race Pace Run: 2 mile warmup, 4 miles at race pace, 1 mile cooldown
Friday – Rest
Saturday – 10 miles aerobic

WEEK OF AUGUST 8 (Cutback Week)

Sunday – Rest
Monday – 6 miles aerobic
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – 6 miles aerobic
Friday – Rest
Saturday – 6 miles aerobic

PEAK PHASE

WEEK OF AUGUST 15

Sunday – Rest
Monday – Speedwork: 3 x 1 mile repeats at 10k pace with 2 minutes rest between intervals + 2 mile warmup and 1 mile cooldown
Tuesday – Cross Train
Wednesday – 7 miles aerobic
Thursday – 6 miles Race Pace
Friday – Rest
Saturday – 11 miles (6 miles aerobic + 4 miles race pace + 1 mile cool down)

WEEK OF AUGUST 22

Sunday – Rest
Monday – Speedwork: 3 x 1 mile repeats at 10k pace with 2 minutes rest between intervals + 2 mile warmup and 1 mile cooldown
Tuesday – Cross Train
Wednesday – 7 miles aerobic
Thursday – 6 miles Race Pace
Friday – Rest
Saturday – 12 miles (7 miles aerobic + 4 miles race pace + 1 mile cool down)

WEEK OF AUGUST 29

Sunday – Rest
Monday – Speedwork: 3 x 1 mile repeats at 10k pace with 2 minutes rest between intervals + 2 mile warmup and 1 mile cooldown
Tuesday – Rest or Cross Train
Wednesday – 7 miles aerobic
Thursday – 6 miles Race Pace
Friday – Rest
Saturday – 13 miles (8 miles aerobic + 4 miles race pace + 1 mile cooldown)

CONGRATULATIONS! You have successfully completed the Spring to Fall Plan. You are prepared to run a fast

**half marathon and you are now ready to begin training
for the LA Marathon!**