

INLAND EMPIRE RUNNING CLUB - Training Schedule – Spring to Fall (S2F)

By: Coach Reggie Thomas

RRCA Certified Running Coach

NOTES

- The Spring to Fall Season will conclude Labor Day weekend, which is a 24-week program.
- The program will be divided into two 12 week seasons. This schedule is for Season 1.
- Since the club has been diligently following the proposed LA Marathon Training Plan, we will forego the Base Phase of training and begin with the Build Phase.
- The plan will conclude with a virtual club half marathon.



BUILD PHASE 1

WEEK OF MARCH 21

Sunday – Rest
Monday – 5 miles aerobic
Tuesday – Cross Train
Wednesday – 5 miles aerobic
Thursday – 4 miles Race Pace
Friday – Rest
Saturday – 6 miles aerobic

WEEK OF MARCH 28

Sunday – Rest
Monday – 5 miles aerobic
Tuesday – Cross Train
Wednesday – 5 miles aerobic
Thursday – 4 miles Race Pace
Friday – Rest
Saturday – 7 miles aerobic

WEEK OF APRIL 4

Sunday – Rest
Monday – 5 miles aerobic
Tuesday – Cross Train
Wednesday – 5 miles aerobic
Thursday – 4 miles Race Pace
Friday – Rest
Saturday – 8 miles aerobic

CUTBACK WEEK

(Allows the body to adapt to the load of training)

WEEK OF APRIL 11

Sunday – Rest
Monday – 5 miles aerobic
Tuesday – Cross Train
Wednesday – 5 miles aerobic
Thursday – 4 miles Race Pace
Friday – Rest
Saturday – 6 miles aerobic

WEEK OF APRIL 18

Sunday – Rest
Monday – 6 miles aerobic
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – 5 miles Race Pace
Friday – Rest
Saturday – 9 miles aerobic (4 miles aerobic + 4 miles race pace + 1 mile cool down)

WEEK OF APRIL 25

Sunday – Rest
Monday – 6 miles aerobic
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – 5 miles Race Pace
Friday – Rest
Saturday – 10 miles (5 miles aerobic + 4 miles race pace + 1 mile cool down)

BUILD PHASE 2

(Focus: Speed and Endurance)

WEEK OF MAY 2

Sunday – Rest
Monday – 6 miles aerobic
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – 5 miles Race Pace
Friday – Rest
Saturday – 11 miles (6 miles aerobic + 4 miles race pace + 1 mile cool down)

CUTBACK WEEK

(Allows the body to adapt to the load of training)

WEEK OF MAY 9

Sunday – Rest
Monday – 5 miles aerobic
Tuesday – Cross Train
Wednesday – 5 miles aerobic
Thursday – 4 miles Race Pace
Friday – Rest
Saturday – 6 miles aerobic

WEEK OF MAY 16

Sunday – Rest
Monday – 7 miles aerobic
Tuesday – Cross Train
Wednesday – 7 miles aerobic
Thursday – 6 miles; tempo run (1 mile warm-up + 4 miles 20 seconds per mile faster than marathon pace + 1 mile cool down)
Friday – Rest
Saturday – 10 miles (5 miles aerobic + 4 miles race pace + 1 mile cool down)

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WEEK OF MAY 23

Sunday – Rest

Monday – 7 miles aerobic

Tuesday – Cross Train

Wednesday – 7 miles aerobic

Thursday – 6 miles; tempo run (*1 mile warm-up + 4 miles 20 seconds per mile faster than marathon pace + 1 mile cool down*)

Friday – Rest

Saturday – 11 miles (*6 miles aerobic + 4 miles race pace + 1 mile cool down*)

WEEK OF MAY 30

Sunday – Rest

Monday – 7 miles aerobic

Tuesday – Cross Train

Wednesday – 7 miles aerobic

Thursday – 6 miles; tempo run (*1 mile warm-up + 4 miles 20 seconds per mile faster than marathon pace + 1 mile cool down*)

Friday – Rest

Saturday – 12 miles (*7 miles aerobic + 4 miles race pace + 1 mile cool down*)

CUTBACK & HALF MARATHON WEEK

(Allows the body to adapt to the load of training)

WEEK OF JUNE 6

Sunday – Rest

Monday – 4 miles aerobic

Tuesday – Rest or Cross Train

Wednesday – 4 miles aerobic

Thursday – 4 miles aerobic

Friday – Rest

Saturday – 13.1 miles – VIRTUAL HALF MARATHON
(Try to run your best half marathon!)



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BUILD PHASE I & II: Increase in weekly mileage and intensity. We will begin to do race pace workouts and will begin to do targeted workouts that engage anaerobic running. See definition below to better understand anaerobic running.

CUTBACK WEEKS: Mileage reduction so that your body adapts to the load of the last couple 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 seconds per mile slower than race pace.

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

RACE PACE: The speed or pace you are training for and plan to run during your race.

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

