

# INLAND EMPIRE RUNNING CLUB - Training Schedule – Spring to Fall Half Marathon Training Season 1

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RRCA Certified Running Coach

## Build Phase 1

**Purpose:** Ramp up volume and intensity with the focus of **Building STRENGTH** in preparation for faster workouts and longer runs.

### APRIL 2 – START DATE

**Saturday – 5 miles aerobic**

### WEEK OF APRIL 3

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 10

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 17

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

### WEEK OF APRIL 24 CUTBACK WEEK

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 1

Sunday – Rest  
Monday – 6 miles aerobic  
Tuesday – Cross Train  
Wednesday – 6 miles aerobic  
**Thursday – 7 miles: 2 miles aerobic + 2 miles Race Pace + 2 miles tempo (20 sec. faster than race pace) + 1 mile cool-down**  
Friday – Rest  
**Saturday – 9 miles aerobic (4 miles aerobic + 4 miles race pace + 1 mile cool down)**

### WEEK OF MAY 8

Sunday – Rest  
Monday – 6 miles aerobic  
Tuesday – Cross Train  
Wednesday – 6 miles aerobic  
**Thursday – 7 miles: 2 miles aerobic + 2 miles Race Pace + 2 miles tempo (20 sec. faster than race pace) + 1 mile cool-down**  
Friday – Rest  
**Saturday – 10 miles (5 miles aerobic + 4 miles race pace + 1 mile cool down)**

## Build Phase 2

**Purpose:** Ramp up volume and intensity with the focus of **Building ENDURANCE** in preparation for faster workouts, hitting race pace goal and sustained effort on long runs.

### WEEK OF MAY 15

Sunday – Rest  
Monday – 6 miles aerobic

Tuesday – Cross Train  
Wednesday – 6 miles aerobic  
**Thursday – 7 miles: 2 miles aerobic + 2 miles Race Pace + 2 miles tempo (20 sec. faster than race pace) + 1 mile cool-down**  
Friday – Rest  
**Saturday – 11 miles (6 miles aerobic + 4 miles race pace + 1 mile cool down)**

### WEEK OF MAY 22 CUTBACK WEEK

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

### WEEK OF MAY 29

Sunday – Rest  
Monday – 7 miles aerobic  
Tuesday – Cross Train  
Wednesday – 7 miles aerobic  
**Thursday – 6 mile 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)**

### WEEK OF JUNE 5

Sunday – Rest  
Monday – 7 miles aerobic  
Tuesday – Cross Train  
Wednesday – 7 miles aerobic  
**Thursday – 6 mile 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 JUNE 12

Sunday – Rest  
Monday – 7 miles aerobic  
Tuesday – Cross Train  
Wednesday – 7 miles aerobic  
**Thursday – 6 mile 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 WEEKEND**

### WEEK OF JUNE 19

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!)**

