

INLAND EMPIRE RUNNING CLUB - Training Schedule – Spring to Fall Half Marathon Training Season 2

By: Coach Reggie Thomas

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.

WEEK OF JUNE 26 TRANSITION FROM SEASON 1

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 JULY 3

Sunday – Rest
Monday – Speedwork: 1 mile warm up; 4 x 800s at 10k pace w/2 minutes rest between intervals; 1 mile cool down
Tuesday – Cross Train
Wednesday – 4 miles aerobic
Thursday – 1 mile warm up; 3 miles at Race Pace; 1 mile cool down
Friday – Rest
Saturday – 5 miles aerobic

WEEK OF JULY 10

Sunday – Rest
Monday – Speedwork: 1 mile warm up; 4 x 800s at 10k pace w/2 minutes rest between intervals; 1 mile cool down
Tuesday – Cross Train
Wednesday – 4 miles aerobic
Thursday – 1 mile warm up; 3 miles Race Pace; 1 mile cool down
Friday – Rest
Saturday – 6 miles aerobic

WEEK OF JULY 17

Sunday – Rest

Monday – Speedwork: 1 mile warm up; 4 x 800s at 10k pace w/2 minutes rest between intervals; 1 mile cool down.

Tuesday – Cross Train
Wednesday – 4 miles aerobic
Thursday – 1 mile warm up; 3 miles Race Pace; 1 mile cool down
Friday – Rest
Saturday – 7 miles aerobic

WEEK OF JULY 24 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 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 JULY 31

Sunday – Rest
Monday – Speedwork: 6 x 800s at 10k pace with 2 minutes rest between intervals; 1 mile warm up; 1 mile cool down
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – Race Pace Run: 2 mile warm up; 4 miles Race Pace; 1 mile cool down
Friday – Rest
Saturday – 8 miles aerobic

WEEK OF AUGUST 7

Sunday – Rest

Monday – Speedwork: 6 x 800s at 10k pace with 2 minutes rest between intervals; 1 mile warm up; 1 mile cool down
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – Race Pace Run: 2 mile warm up; 4 miles Race Pace; 1 mile cool down
Friday – Rest
Saturday – 9 miles aerobic

WEEK OF AUGUST 14

Sunday – Rest
Monday – Speedwork: 6 x 800s at 10k pace with 2 minutes rest between intervals; 1 mile warm up; 1 mile cool down
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – Race Pace Run: 2 mile warm up; 4 miles Race Pace; 1 mile cool down
Friday – Rest
Saturday – 10 miles aerobic

WEEK OF AUGUST 21 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

Purpose: Fine tune the speed acquired through the build phases by simulating racing. This is the phase where it all comes together. It is the hardest part of the training. If you can achieve the goals of the runs in the Peak Phase, you will be ready for a strong half marathon.

WEEK OF AUGUST 28

Sunday – Rest
Monday – Speedwork: 3 x 1-mile repeats at 10k pace with 2 minutes rest between intervals; 2 mile warm up; 1 mile cool down
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 SEPTEMBER 4

Sunday – Rest
Monday – Speedwork: 3 x 1-mile repeats at 10k pace with 2 minutes rest between intervals; 2 mile warm up; 1 mile cool down
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 SEPTEMBER 11 HALF MARATHON

Sunday – Rest
Monday – Speedwork: 3 x 1-mile repeats at 10k pace with 2 minutes rest between intervals; 2 mile warm up; 1 mile cool down
Tuesday – Rest or Cross Train
Wednesday – 7 miles aerobic
Thursday – 6 miles Race Pace
Friday – Rest
Saturday – 13.1 miles – VIRTUAL HALF MARATHON - Run your best half marathon!