

# INLAND EMPIRE RUNNING CLUB - Training Schedule - for the 2023 OC HALF MARATHON May 7, 2023

By: Coach Reggie Thomas

RRCA Certified Running Coach

## Week 1 Feb 18

Saturday – Aerobic, 6 miles Kick-Off Day!

## Week 2 Feb 19

Sunday – Rest  
Monday – Aerobic, 6 miles  
Tuesday – Cross Train  
Wednesday – Aerobic, 6 miles  
Thursday – Race Pace Run, 6 miles (1 mile aerobic, 4 miles at race pace, and 1 mile cool down)  
Friday – Rest  
Saturday – Aerobic, 8 miles

## Week 3 Feb 26

Sunday – Rest  
Monday – Aerobic, 6 miles  
Tuesday – Cross Train  
Wednesday – Aerobic, 6 miles  
Thursday – Race Pace Run, 6 miles (1 mile aerobic, 4 miles at race pace, and 1 mile cool down)  
Friday – Rest  
Saturday – Aerobic, 9 miles

## Week 4 Mar 5

Sunday – Rest  
Monday – Aerobic, 6 miles  
Tuesday – Cross Train  
Wednesday – Aerobic, 6 miles  
Thursday – Race Pace Run, 6 miles (1 mile aerobic, 4 miles at race pace, and 1 mile cool down)

Friday – Rest  
Saturday – Aerobic, 10 miles

## **CUTBACK WEEK**

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

## Week 5 Mar 12

Sunday – Rest  
Monday – Aerobic, 5 miles  
Tuesday – Cross Train  
Wednesday – Aerobic, 5 miles  
Thursday – Race Pace Run, 6 miles (1 mile aerobic, 4 miles at race pace, and 1 mile cool down)  
Friday – Rest  
Saturday – Aerobic, 6 miles

## **BUILD PHASE I**

The purpose of the build phase is to introduce the body to faster-paced training that gets the body used to running at a comfortably hard pace.

## Week 6 Mar 19

Sunday – Rest  
Monday – Speedwork, 2-mile warm-up, 4 x 800s at 10K pace 1 mile cool down  
Tuesday – Cross Train  
Wednesday – Aerobic, 6 miles  
Thursday – Race Pace Run, 7 miles (2 mile aerobic, 2 miles race pace, 2

miles Tempo (20 sec faster than Race Pace and 1 mile cool down)

Friday – Rest  
Saturday – Aerobic, 10 miles (5 miles aerobic, 4 miles race pace, 1 mile cool down)

## Week 7 Mar 26

Sunday – Rest  
Monday – Speedwork, 2-mile warm-up, 4 x 800s at 10K pace 1 mile cool down  
Tuesday – Cross Train  
Wednesday – Aerobic, 6 miles  
Thursday – Race Pace Run, 7 miles (2 mile aerobic, 2 miles race pace, 2 miles Tempo (20 sec faster than Race Pace and 1 mile cool down)  
Friday – Rest  
Saturday – Aerobic, 11 miles (6 miles aerobic, 4 miles race pace, 1 mile cool down)

## Week 8 Apr 2

Sunday – Rest  
Monday – Speedwork, 2-mile warm-up, 4 x 800s at 10K pace 1 mile cool down  
Tuesday – Cross Train  
Wednesday – Aerobic, 6 miles  
Thursday – Race Pace Run, 7 miles (2 mile aerobic, 2 miles race pace, 2 miles Tempo (20 sec faster than Race Pace and 1 mile cool down)

Friday – Rest  
Saturday – Aerobic, 12 miles (7 miles aerobic, 4 miles race pace, 1 mile cool down)

## **CUTBACK WEEK**

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

## Week 9 Apr 9

Sunday – Rest  
Monday – Speedwork, 2-mile warm-up, 4 x 800s at 10K pace 1 mile cool down  
Tuesday – Cross Train  
Wednesday – Aerobic, 6 miles  
Thursday – Race Pace Run, 7 miles (2 mile aerobic, 2 miles race pace, 2 miles Tempo (20 sec faster per mile than Race Pace and 1 mile cool down)  
Friday – Rest  
Saturday – Aerobic, 6 miles



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### **BUILD PHASE II**

**The purpose of the build phase is to introduce the body to faster-paced training that gets the body used to running at a comfortably hard pace.**

#### **Week 10 Apr 16**

Sunday – Rest

Monday – **Repeats** 2-mile warm-up, 3 x 1-mile repeats, 1 - mile cool down

Tuesday – Cross Train

Wednesday – Aerobic, 7 miles

Thursday – **Race Pace Run, 6 miles** (1 mile aerobic, 4 miles Tempo (20 sec faster per mile than Race Pace and 1 mile cool down)

Friday – Rest

**Saturday – Aerobic, 9 miles (3 miles aerobic, 4 miles race pace, 2 mile cool down)**

#### **Week 11 Apr 23**

Sunday – Rest

Monday – **Repeats** 2-mile warm-up, 3 x 1-mile repeats, 1 - mile cool down

Tuesday – Cross Train

Wednesday – Aerobic, 7 miles

Thursday – **Race Pace Run, 6 miles** (1 mile aerobic, 4 miles Tempo (20 sec faster per mile than Race Pace and 1 mile cool down)

Friday – Rest

**Saturday – Aerobic, 10 miles (4 miles**

**Aerobic, 4 miles race pace, 2 mile cool down)**

**WEEK BEFORE THE RACE!** Focus on your mental game, nutrition, sleep, hydration and stretch every day. Just keep legs loose!

#### **Week 12 Apr 30**

Sunday – Rest

Monday – Aerobic, 4 miles

Tuesday – Rest or Cross Train

Wednesday – Aerobic, 4 miles

Thursday – Aerobic, 4 miles

Friday – Rest

**Saturday – REST**

#### **Week 13 May 7**

**SUNDAY – RACE DAY OC HALF MARATHON (Show Time!!!)**



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**CUTBACK WEEKS:** Mileage reduction so that your body adapts to the load of the last 3 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.

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

**10K PACE:** A moderately hard run that can be sustained for 6 miles. It is 85% of your maximum capacity. See chart below.

**PROGRESSION RUN:** A run with structure pace that increases from beginning to end.

Example: *Run 2 miles @ Race Pace, then 2 miles @ 10 seconds faster than Race Pace, and 2 miles @ 15 seconds faster than Race Pace.*

**CROSS-TRAIN:** Anything other than running (biking, swimming, strength training, yoga, skydiving)

**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.**



*If you have any questions, contact your Pace Leader ☺*