

INLAND EMPIRE RUNNING CLUB - Training Schedule - for the 2023 SUMMER IERC HALF MARATHON August 5, 2023

By: Coach Reggie Thomas

RRCA Certified Running Coach

PHASE 1

Week 1 May 6

Saturday – Aerobic, 6 miles Kick-Off Day!

Week 2 May 7

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, 7 miles

Week 3 May 14

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 4 Ma21

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

CUTBACK WEEK

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

Week 5 May 28

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

PHASE 2

Week 6 Jun 4

Sunday – Rest
Monday – **Speedwork**, 2-mile warm-up, 3 x 1-mile repeats 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 Jun 11

Sunday – Rest
Monday – **Speedwork**, 2-mile warm-up, 3 x 1-mile repeats 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 Jun 18

Sunday – Rest
Monday – **Speedwork**, 2-mile warm-up, 3 x 1-mile repeats 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 Jun 25

Sunday – Rest
Monday – **Speedwork**, 2-mile warm-up, 3 x 1-mile repeats 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 cool down)
Friday – Rest
Saturday – Aerobic, 6 miles



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PHASE 3

Week 10 Jul 2

Sunday – Rest

Monday – **Repeats** 2-mile warm-up, 4 x 1-mile repeats @ 10k pace, 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 Jul 9

Sunday – Rest

Monday – **Repeats** 2-mile warm-up, 4 x 1-mile repeats @ 10k pace, 1-mile cool down

Tuesday – Cross Train

Wednesday – Aerobic, 7 miles

Thursday – **Race Pace Run, 7 miles** (1 mile aerobic, 5 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 12 Jul 16

Sunday – Rest

Monday – **Repeats** 2-mile warm-up, 4 x 1-mile repeats @ 10k pace, 1-mile cool down

Tuesday – Cross Train

Wednesday – Aerobic, 7 miles

Thursday – **Race Pace Run, 7 miles** (1 mile aerobic, 5 miles Tempo (20 sec faster per mile than Race Pace and 1 mile cool down)

Friday – Rest

Saturday – Aerobic, 11 miles (5 miles Aerobic, 4 miles race pace, 2 mile cool down)

CUTBACK WEEK

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

Week 13 Jul 23

Sunday – Rest

Monday – **Repeats** 2-mile warm-up, 2 miles @ half marathon pace, 1-mile cool down

Tuesday – Cross Train

Wednesday – Aerobic, 5 miles

Thursday – **Race Pace Run 5 miles w/3 400-yard sprints after miles 2, 3 & 4**

Friday – Rest

Saturday – Aerobic, 8 miles

RACE WEEK! Focus on your mental game, nutrition, sleep, hydration and stretch every day.

Week 14 Jul 30

Monday – **Repeats** 2-mile warm-up, 2 miles @ half marathon pace, 1-mile cool down

Tuesday – Cross Train

Wednesday – Aerobic, 5 miles

Thursday – **Race Pace Run 5 miles w/3 400-yard sprints after miles 2, 3 & 4**

Friday – Rest

Saturday – 13 miles (IERC Half Marathon Day)



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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.

