

INLAND EMPIRE RUNNING CLUB - Training Schedule - for the 2023 SURF CITY MARATHON February 5, 2023

By: Coach Reggie Thomas

RRCA Certified Running Coach

BASE PHASE (6 Weeks)

Purpose: Lay a solid foundation of aerobic running to prepare athletes for both the intensity and duration of the training period. Aerobic running is low heart rate training and is also called Conversation Pace (CP). At this pace, runners should feel that they could run at that pace for a long time and should be able to carry on a conversation. Breathing is very controlled. If your breathing is labored, then you are not in your aerobic zone. This phase is called the "base phase" because you will be laying a solid foundation for the anaerobic workouts later in this program

Week 1 Sept 24

Saturday – Aerobic, 4 miles Kick-Off Day!

Week 2 Sept 26-Oct 2

Monday – Aerobic, 4 miles
Tuesday – Aerobic, 4 miles
Wednesday – Cross Train or Rest
Thursday – Aerobic, 4 miles
Friday – Rest
Saturday – Aerobic, 5 miles
Sunday – Cross Train or Rest

Week 3 Oct 3-9

Monday – Aerobic, 4 miles
Tuesday – Aerobic, 4 miles
Wednesday – Cross Train or Rest
Thursday – Aerobic, 4 miles
Friday – Rest
Saturday – Aerobic, 6 miles
Sunday – Cross Train or Rest

Week 4 Oct 10-16

Monday – Aerobic, 4 miles
Tuesday – Aerobic, 4 miles
Wednesday – Cross Train or Rest
Thursday – Aerobic, 4 miles
Friday – Rest
Saturday – Aerobic, 7 miles
Sunday – Cross Train or Rest

CUTBACK WEEK

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

Week 5 Oct 17-23

Monday – Aerobic, 4 miles
Tuesday – Aerobic, 4 miles
Wednesday – Cross Train or Rest
Thursday – Aerobic, 4 miles
Friday – Rest
Saturday – Aerobic, 5 miles (CUTBACK)
Sunday – Cross Train or Rest

Week 6 Oct 24-30

Monday – Aerobic, 5 miles
Tuesday – Aerobic, 5 miles
Wednesday – Cross Train or Rest
Thursday – Aerobic, 5 miles

Friday – Rest

Saturday – Aerobic, 8 miles

Sunday – Cross Train or Rest

Week 7 Oct 31-Nov 6

Monday – Aerobic, 5 miles
Tuesday – Aerobic, 5 miles
Wednesday – Cross Train or Rest
Thursday – Aerobic, 5 miles
Friday – Rest
Saturday – Aerobic, 9 miles
Sunday – Cross Train or Rest

BUILD PHASE (7 Weeks)

Purpose: Ramp up volume and intensity with the focus of Building STRENGTH in preparation for faster workouts and longer runs. The purpose of the build phase is to introduce the body to faster-paced training that gets the body used to running a comfortably hard pace.

Week 8 Nov 7-13

Monday – Aerobic Run, 6 miles
Tuesday – **Aerobic Run + three 100-yard sprints at 10K pace, 6 miles (Run each mile at aerobic pace, but at the end of miles 3, 4, and 5, run your sprints as instructed above.)**
Wednesday – Cross Train or Rest
Thursday – **Race Pace Run, 6 miles (1 mile aerobic, 4 miles at race pace, and 1 mile at recovery pace)**
Friday – Rest
Saturday – Aerobic, 10 miles
Sunday – Cross Train or Rest

CUTBACK WEEK

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

Week 9 Nov 14-20

Monday – Aerobic Run, 6 miles
Tuesday – **Aerobic Run + three 100-yard sprints at 10K pace, 6 miles (Run each mile at aerobic pace, but at the end of miles 3, 4 and 5, run your sprints as instructed above.)**
Wednesday – Cross Train or Rest
Thursday – **Race Pace Run, 6 miles (1 mile aerobic, 4 miles at race pace, and 1 mile at recovery pace)**
Friday – Rest
Saturday – Aerobic, 6 miles (CUTBACK)
Sunday – Cross Train or Rest

Week 10 Nov 21-27

Monday – Aerobic Run, 6 miles
Tuesday – **Aerobic Run + three 100-yard sprints at 10K pace, 6 miles (Run each mile at aerobic pace, but at the end of miles 3, 4 and 5, run your sprints as instructed above.)**
Wednesday – Cross Train or Rest
Thursday – **Race Pace Run, 6 miles (1 mile aerobic, 4 miles at race pace, and 1 mile at recovery pace)**
Friday – Rest
Saturday – Aerobic 11 miles
Sunday – Cross Train or Rest



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Week 11 Nov 28-Dec 4

Monday – Aerobic Run, 7 miles
Tuesday – **Speedwork**, do 2-mile warm-up, 4 x 800s at 10K pace with 2 minutes rest between intervals, followed by 1 mile recovery jog.
Wednesday – Cross Train or Rest
Thursday – **Tempo Run, 6 miles** (1 mile warmup, 4 miles at 30 seconds faster than marathon pace, 1 mile cool-down)
Friday – Rest
Saturday – Aerobic 12 miles
Sunday – Cross Train or Rest

Week 12 Dec 5-11

Monday – Aerobic Run, 7 miles
Tuesday – **Speedwork**, do 2-mile warm-up, 5 x 800s at 10K pace with 2 minutes rest between intervals, followed by 1 mile recovery jog.
Wednesday – Cross Train or Rest
Thursday – **Tempo Run, 6 miles** (1 mile warmup, 4 miles at 30 seconds faster than marathon pace, 1 mile cool-down)
Friday – Rest
Saturday – HOLIDAY HALF MARATHON, 13 miles
Sunday – Cross Train or Rest

CUTBACK WEEK

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

Week 13 Dec 12-18

Monday – Aerobic Run, 7 miles
Tuesday – **Speedwork**, do 2-mile warm-up, 6 x 800s at 10K pace with 2 minutes rest between intervals, followed by 1 mile recovery jog.
Wednesday – Cross Train or Rest
Thursday – **Tempo Run, 6 miles** (1 mile warmup, 4 miles at 30 seconds faster than marathon pace, 1 mile cool-down)
Friday – Rest
Saturday – Aerobic, 8 miles (CUTBACK)
Sunday – Cross Train or Rest

Week 14 Dec 19-25

Monday – Aerobic Run, 7 miles
Tuesday – **Speedwork**, do 2-mile warm-up, 8 x 800s at 10K pace with 2 minutes rest between intervals, followed by 1 mile recovery jog.
Wednesday – Cross Train or Rest
Thursday – **Tempo Run, 6 miles** (1 mile warmup, 4 miles at 30 seconds faster than marathon pace, 1 mile cool-down)
Friday – Rest
Saturday – Aerobic, 14 miles
Sunday – Cross Train or Rest

PEAK PHASE (3 Weeks)

*Purpose: Fine tune the speed acquired through the build phases by simulating racing. Special attention will be given to how the body uses oxygen, which is called running economy. This is the phase where it all comes together. It is the hardest part of the training so the goal is to **NOT kill Coach Reggie**. If you can achieve the goals of the runs in the Peak Phase, then you will be ready for marathon.*

Week 15 Dec 26-Jan 1

Monday – Aerobic Run, 8 miles
Tuesday – **Speedwork**: do 2-mile warm-up, three 1-mile repeats @ 10K pace with 2-minute jog in between intervals, followed by 1 mile recovery jog.
Wednesday – Cross Train or Rest
Thursday – **Steady State Tempo Run** (Purpose is to maintain comfortably hard pace for 5 miles). 8 miles includes 2-mile warmup, 5 miles at 30 seconds faster than race pace, 1 mile cool-down.
Friday – Rest
Saturday – Long Run including Race Pace, 16 miles (10 miles aerobic, 5 miles race pace, 1 mile cool-down)
Sunday – Cross Train or Rest

Week 16 Jan 2-8

Monday – Aerobic Run, 8 miles
Tuesday – **Speedwork**: do 2-mile warm-up, three 1-mile repeats @ 10K pace with 2-minute jog in between

intervals, followed by 1 mile recovery jog.

Wednesday – Cross Train or Rest
Thursday – **Steady State Tempo Run** (Purpose is to maintain comfortably hard pace for 5 miles). 8 miles includes 2-mile warmup, 5 miles at 30 seconds faster than race pace, 1 mile cool-down.
Friday – Rest
Saturday – Long Run including Race Pace, 18 miles (12 miles aerobic, 5 miles race pace, 1 mile cool-down)
Sunday – Cross Train or Rest

Week 17 Jan 9-15

Monday – Aerobic Run, 8 miles
Tuesday – **Speedwork**: do 2-mile warm-up, three 1-mile repeats @ 10K pace with 2-minute jog in between intervals, followed by 1 mile recovery jog.
Wednesday – Cross Train or Rest
Thursday – **Steady State Tempo Run** (Purpose is to maintain comfortably hard pace for 5 miles). 8 miles includes 2-mile warmup, 5 miles at 30 seconds faster than race pace, 1 mile cool-down.
Friday – Rest
Saturday – Long Run including Race Pace, 20 miles (14 miles aerobic, 5 miles race pace, 1 mile cool-down)
Sunday – Cross Train or Rest



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TAPER PHASE (3 Weeks)

Purpose:** Intentionally reduce mileage and volume to allow the body to recover from weeks of accumulated fatigue of training and allow the body to adapt to the training. **REMEMBER: Training is the architect. Recovery is the builder.

Week 18 Jan 16-22

Monday – Aerobic, 5 miles

Tuesday – **Race Pace Run, 5 miles, (1 mile aerobic, 3 miles race pace and 1 mile aerobic)**

Wednesday – Cross Train or Rest

Thursday – Aerobic, 5 miles

Friday – Rest

Long Run including Race Pace, 12 miles (9 miles aerobic, 2 miles race pace, 1 mile cool-down)

Sunday – Cross Train or Rest

Week 19 Jan 23-29

Monday – Aerobic, 4 miles

Tuesday – Aerobic, 4 miles

Wednesday – Cross Train or Rest

Thursday – Aerobic, 3 miles

Friday – Rest

Saturday – Aerobic, 8 miles

Sunday – Cross Train or Rest

Week 20 Jan 30-Feb 5

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

Monday – Aerobic, 3 miles

Tuesday – Aerobic, 3 miles

Wednesday – Rest

Thursday – **Shakeout Run** 3 miles (1 mile aerobic, 1 mile race pace and 1 mile recovery pace)

Friday – **COMPLETE REST**

Saturday – **COMPLETE REST, stretch and focus on race day strategy**

SUNDAY – SURF CITY 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.

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

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.

Pace Group	#1	#2	#3	#4	#5	#6	R/W#1	R/W#2	R/W#3	Walk #1
Race Pace	7:30	8:00	9:00	10:00	11:00	12:00	9:54	11:02	13:47	15:00
Aerobic Pace	8:30	9:00	10:00	11:00	12:00	13:00	11:40	12:45	15:40	16:30
10K Pace	7:00	7:30	8:30	9:30	10:30	11:30	9:26	10:32	13:14	13:45



If you have any questions, contact your Pace Leader 😊