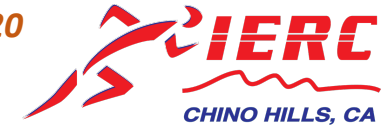


INLAND EMPIRE RUNNING CLUB - Training Schedule – Spring to Fall (S2F) 2020

By: Coach Reggie Thomas
RRCA Certified Running Coach



| BASE PHASE | | | | | | | | |
|--------------------------|-----------------|-----------------|-------------|-----------------|-------------------|--------|------------------|-------|
| (Focus: Aerobic Running) | | | | | | | | |
| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total |
| March 15 – 21 | Kick-Off Day! → | | | | | | 6 miles Aerobic | - |
| March 22 – 28 | Rest | 6 miles Aerobic | Cross Train | 6 miles Aerobic | 5 miles Race Pace | Rest | 7 miles Aerobic | 24 |
| March 29 – April 4 | Rest | 6 miles Aerobic | Cross Train | 6 miles Aerobic | 5 miles Race Pace | Rest | 8 miles Aerobic | 25 |
| April 5 – 11 | Rest | 6 miles Aerobic | Cross Train | 6 miles Aerobic | 5 miles Race Pace | Rest | 9 miles Aerobic | 26 |
| April 12 – 18 | Rest | 6 miles Aerobic | Cross Train | 6 miles Aerobic | 5 miles Race Pace | Rest | 10 miles Aerobic | 27 |

| CUTBACK WEEK | | | | | | | | |
|--|------|-----------------|-------------|-----------------|-------------------|------|-----------------|----|
| (Allows the body to adapt to the load of training) | | | | | | | | |
| April 19 – 25 | Rest | 5 miles Aerobic | Cross Train | 5 miles Aerobic | 5 miles Race Pace | Rest | 8 miles Aerobic | 23 |

| BUILD PHASE 1 | | | | | | | | |
|---|--------|-----------------|-------------|-----------------|-------------------|--------|--------------------------|-------|
| (Focus: Increase Intensity and Mileage) | | | | | | | | |
| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday* | Total |
| April 26 – May 2 | Rest | 6 miles Aerobic | Cross Train | 5 miles Aerobic | 6 miles Race Pace | Rest | 10 miles (5a + 4r + 1cd) | 27 |
| May 3 – 9 | Rest | 6 miles Aerobic | Cross Train | 6 miles Aerobic | 6 miles Race Pace | Rest | 11 miles (6a + 4r + 1cd) | 29 |
| May 10 – 16 | Rest | 6 miles Aerobic | Cross Train | 6 miles Aerobic | 6 miles Race Pace | Rest | 12 miles (7a + 4r + 1cd) | 30 |

| CUTBACK WEEK | | | | | | | | |
|--------------|------|-----------------|-------------|-----------------|-------------------|------|-----------------|----|
| May 17 – 23 | Rest | 5 miles Aerobic | Cross Train | 5 miles Aerobic | 5 miles Race Pace | Rest | 8 miles Aerobic | 23 |

| BUILD PHASE 2 | | | | | | | | |
|------------------------------|--------|-----------------|---------------------|---------------|-----------------|--------|--------------------------|-------|
| (Focus: Speed and Endurance) | | | | | | | | |
| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday* | Total |
| May 24 – 30 | Rest | 6 miles Aerobic | Rest or Cross Train | 6 Mile Tempo* | 6 miles Aerobic | Rest | 10 miles (3a + 6r + 1cd) | 28 |
| May 31 – June 6 | Rest | 6 miles Aerobic | Rest or Cross Train | 6 Mile Tempo* | 6 miles Aerobic | Rest | 11 miles (4a + 6r + 1cd) | 29 |
| June 7 - 13 | Rest | 6 miles Aerobic | Rest or Cross Train | 6 Mile Tempo* | 6 miles Aerobic | Rest | 12 miles (5a + 6r + 1cd) | 30 |

| CUTBACK WEEK | | | | | | | | |
|--------------|------|-----------------|---------------------|-------------------|-----------------|------|-----------------|----|
| June 14 – 20 | Rest | 5 miles Aerobic | Rest or Cross Train | 5 miles Race Pace | 5 miles Aerobic | Rest | 8 miles Aerobic | 23 |

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| BUILD PHASE 3 | | | | | | | | |
|---------------------------------|--------|-------------|---------------------|-----------------|-----------------|---------------------|--------------------|-------|
| (Focus: Strength and Endurance) | | | | | | | | |
| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday* | Total |
| June 21 – 27 | Rest | Speed Work* | Rest or Cross Train | 6 miles Aerobic | 6 miles Aerobic | Rest or Cross Train | 10 miles (5a + 5r) | 28 |
| June 28 – July 4 | Rest | Speed Work* | Rest or Cross Train | 6 miles Aerobic | 6 miles Aerobic | Rest or Cross Train | 11 miles (6a + 5r) | 29 |
| July 5 – 11 | Rest | Speed Work* | Rest or Cross Train | 6 miles Aerobic | 6 miles Aerobic | Rest or Cross Train | 12 miles (7a + 5r) | 30 |

| CUTBACK WEEK | | | | | | | | |
|--------------|------|-----------------|---------------------|-------------------|-----------------|------|-----------------|----|
| July 12 – 18 | Rest | 5 miles Aerobic | Rest or Cross Train | 5 miles Race Pace | 5 miles Aerobic | Rest | 8 miles Aerobic | 23 |

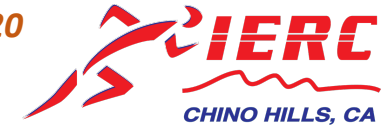
| PEAK PHASE | | | | | | | | |
|---------------------------|--------|-----------------|---------------------|---------------|-----------------|--------|--------------------|-------|
| (Putting it All Together) | | | | | | | | |
| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday* | Total |
| July 19 – 25 | Rest | 7 miles Aerobic | Rest or Cross Train | 8 Mile Tempo* | 7 miles Aerobic | Rest | 9 miles (3a + 6r) | 31 |
| July 26 – August 1 | Rest | 7 miles Aerobic | Rest or Cross Train | 8 Mile Tempo* | 7 miles Aerobic | Rest | 10 miles (4a + 6r) | 32 |
| August 2 – 8 | Rest | 7 miles Aerobic | Rest or Cross Train | 8 Mile Tempo* | 7 miles Aerobic | Rest | 11 miles (5a + 6r) | 33 |
| August 9 – 15 | Rest | 7 miles Aerobic | Rest or Cross Train | 8 Mile Tempo* | 7 miles Aerobic | Rest | 12 miles (5a + 7r) | 34 |

| TAPER PHASE | | | | | | | | |
|---|--------|-----------------|---------------------|-------------------|-----------------|--------|---|-------|
| (Focus: Physical Adaptation and Mental Preparation) | | | | | | | | |
| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total |
| August 16 – 22 | Rest | 5 miles Aerobic | Rest or Cross Train | 5 miles Race Pace | 5 miles Aerobic | Rest | 10 miles Aerobic | 25 |
| August 23 – 29 | Rest | 5 miles Aerobic | Rest or Cross Train | 5 miles Race Pace | 5 miles Aerobic | Rest | 9 miles Aerobic | 24 |
| August 30 – September 5 | Rest | 5 miles Aerobic | Rest or Cross Train | 5 miles Race Pace | 5 miles Aerobic | Rest | 13 miles Race Pace IERC Half Marathon! | 28 |

| | | |
|---|--|--|
| <p style="text-align: center; margin: 0;">*Speed Work</p> <ul style="list-style-type: none"> 1 mile warmup 4 x 1 mile repeats @ 1 minute per mile faster than race pace <ul style="list-style-type: none"> 3 minutes rest in between (easy jog to bring down heart rate) 1 mile cool down | <p style="text-align: center; margin: 0;">*6 Mile Tempo</p> <ul style="list-style-type: none"> 1 mile warmup 4 miles @ 30s/mile faster than race pace 1 mile cool down <p style="text-align: center; margin: 10px 0 0 0;">*8 Mile Tempo</p> <ul style="list-style-type: none"> 1 mile warmup 6 miles @ 30s/mile faster than race pace 1 mile cool down | <p style="text-align: center; margin: 0;">*Saturday Runs</p> <ul style="list-style-type: none"> a = Aerobic r = Race Pace cd = cool down <p style="margin: 10px 0 0 0;">Example: 3a + 6r + 1cd = 3 miles Aerobic, then 6 miles Race Pace, then 1 mile cool down</p> |
|---|--|--|

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BASE PHASE: Aerobic-focused training at a low intensity and low heart rate to lay foundation for the rest of training period. IN THIS PHASE 80% OF MILES ARE AEROBIC. Aerobic running is 60 seconds per mile slower than race pace or whatever pace it takes to be sure you are running while breathing easy, talking in full sentences and feeling like you can keep going for more miles.

CUTBACK WEEKS: Mileage reduction so that your body adapts to the load of the last 4 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.

BUILD PHASES 1 – 3: Increase of weekly mileage and intensity. We will increase race pace workouts and will begin to do targeted workouts that engage anaerobic running. See definition below to better understand anaerobic running.

PEAK PHASE: The most intense phase of marathon or half marathon training.

TAPER PHASE: Congratulations! The hay is in the barn. The hard part of training is over. Now it's time to recover. The next 3 weeks you will have a gradual exponential taper where you wind down in mileage and intensity.

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 pace 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 | R/W#1 | Walk #1 |
|-------------------------|------|-------|-------|-------|-------|-------|---------|
| Half Marathon Race Pace | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 15:00 |
| Aerobic Pace | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 16:00 |
| 10K Pace | 7:30 | 8:30 | 9:15 | 10:00 | 11:00 | 12:30 | 13:45 |
| Tempo Pace | 7:30 | 8:30 | 9:30 | 10:30 | 11:30 | 12:30 | 14:30 |
| Speed Work Pace | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 14:00 |

*Paces listed are
min:sec per mile*

If you have any questions, contact your Pace Leader ☺

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