

INLAND EMPIRE RUNNING CLUB - Training Schedule - for the LA Marathon on November 7, 2021

By: Coach Reggie Thomas

RRCA Certified Running Coach

BASE PHASE

(Purpose: Lay a solid foundation of aerobic running to prepare athletes for both the intensity and duration of the full LAM training period.) 10 weeks.

Week 1: May 1-2

Saturday – 3 miles

Sunday – Cross Train

Week 2: May 3-9

Monday – 3 miles

Tuesday – 3 miles

Wednesday – Cross Train or Rest

Thursday – 3 miles

Friday – Rest

Saturday – 4 miles

Sunday – Cross Train or Rest

Week 3: Sep May 10-16

Monday – 3 miles

Tuesday – 3 miles

Wednesday – Cross Train or Rest

Thursday – 3 miles

Friday – Rest

Saturday – 5 miles

Sunday – Cross Train or Rest

Week 4: May 17-23

Monday – 4 miles

Tuesday – 4 miles

Wednesday – Cross Train or Rest

Thursday – 6 miles

Friday – Rest

Saturday – 4 miles

Sunday – Cross Train or Rest

Week 5: May 24-30

Monday – 3 miles

Tuesday – 3 miles

Wednesday – Cross Train or Rest

Thursday – 3 miles

Friday – Rest

Saturday – 4 miles

Sunday – Cross Train or Rest

Week 6: May 31-June 6

Monday – 5 miles

Tuesday – 4 miles

Wednesday – Cross Train or Rest

Thursday – 5 miles

Friday – Rest

Saturday - 4 miles (CUTBACK)

Sunday – Cross Train or Rest

Week 7: June 7-13

Monday – 5 miles

Tuesday – 4 miles

Wednesday – Cross Train or Rest

Thursday – 5 miles

Friday – Rest

Saturday – 8 miles

Sunday – Cross Train or Rest

Week 8: June 14-20

Monday – 5 miles

Tuesday – 5 miles

Wednesday – Cross Train or Rest

Thursday – 5 miles

Friday – Rest

Saturday – 9 miles

Sunday – Cross Train or Rest

Week 9: June 21-27

Monday – 5 miles

Tuesday – 5 miles

Wednesday – Cross Train or Rest

Thursday – 5

Friday – Rest

Saturday – 10 miles

Sunday – Cross Train or Rest

Week 10: June 28-July 4

Monday – 5 miles

Tuesday – 5 miles

Wednesday – Cross Train or Rest

Thursday – 5

Friday – Rest

Saturday – 6 miles (CUTBACK)

Sunday – Cross Train or Rest

BUILD PHASE 1

(Purpose: Ramp up volume and intensity with the focus of Building STRENGTH in preparation for faster workouts and longer runs.) 4 weeks.

Week 11: July 5-11

Monday – 5 miles (Aerobic)

Tuesday – Hill Repeats (6 x ½ mile hill repeats) 2-mile warm-up at an easy pace. Then do 6 x ½ mile hill repeats on a steep grade of 5-7% (run hard

uphill, then jog downhill, and rest 2 minutes before doing next interval). 1 mile recover at an easy pace

Wednesday – Cross Train or Rest

Thursday – Aerobic Run: 5 miles that include some hills

Friday – Rest

Saturday – Aerobic Long Run, 11 miles

Sunday – Cross Train or Rest

Week 12: July 12-18

Monday – Aerobic Run, 5 miles

Tuesday – Hill Repeats (6 x ½ mile hill repeats) 2-mile warm-up at an easy pace. Then do 6 x ½ mile hill repeats on a steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). 1 mile recover at an easy pace

Wednesday – Cross Train or Rest

Thursday – Aerobic Run: 5 miles that include some hills

Friday – Rest

Saturday – Aerobic Long Run, 12 miles

Sunday – Cross Train or Rest



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Week 13: July 19-25

Monday – Aerobic Run, 5 miles

Tuesday – Hill Repeats (6 x ½ mile hill repeats) 2-mile warm-up at an easy pace. Then do 6 x ½ mile hill repeats on a steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). 1 mile recover at an easy pace

Wednesday – Cross Train or Rest

Thursday – Aerobic Run: 5 miles that include some hills

Friday – Rest

Saturday – Aerobic Long Run, 13 miles CONGRATS! You ran a half marathon!

Sunday – Cross Train or Rest

CUTBACK WEEK

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

Week 14: July 26-Aug 1

Monday – Aerobic Run, 5 miles

Tuesday – Hill Repeats (6 x ½ mile hill repeats) 2 mi warm-up at an easy pace. Then do 6 x ½ mile hill repeats on a steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). 1 mile recover at an easy pace.

Wednesday – Cross Train or Rest

Thursday – Aerobic Run: 5 miles that include some hills

Friday – Rest

Saturday – Aerobic Long Run, 6 miles

Sunday – Cross Train or Rest

BUILD PHASE 2

(Purpose Ramp up volume & intensity with the focus of Building ENDURANCE for faster workouts, hitting race pace goal & sustained effort on long runs) 4 weeks.

Week 15: Aug 2-8

Monday – Aerobic Run, 6 miles

Tuesday – Aerobic Run: + 4 x 50 yard sprints at 10K pace, 6 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4 and 5, run your sprints as instructed above)

Wednesday – Cross Train or Rest

Thursday – Race Pace Run: 5 miles (1 mile aerobic, 3 miles race pace, 1 mile at recovery pace)

Friday – Rest

Saturday – Aerobic Long Run, 14 miles

Sunday – Cross Train or Rest

Week 16: Aug 9-15

Monday – Aerobic Run, 6 miles

Tuesday – Aerobic Run: + 4 x 50 yard sprints at 10K pace, 6 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4 and 5, run your sprints as instructed above)

Wednesday – Cross Train or Rest

Thursday – Race Pace Run: 5 miles (1 mile aerobic, 3 miles at race pace, and 1 mile at recovery pace)

Friday – Rest

Saturday – Aerobic Long Run, 15 miles

Sunday – Cross Train or Rest

Week 17: Aug 16-22

Monday – Aerobic Run, 6 miles

Tuesday – Aerobic Run + 4 x 50 yard sprints at 10K pace, 6 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4 and 5, run your sprints as instructed above)

Wednesday – Cross Train or Rest

Thursday – Race Pace Run: 5 miles (1 mile aerobic, 3 miles at race pace, and 1 mile at recovery pace)

Friday – Rest

Saturday – Aerobic Long Run, 16 miles

Sunday – Cross Train or Rest

CUTBACK WEEK

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

Week 18: Aug 23-29

Monday – Aerobic Run, 6 miles

Tuesday – Aerobic Run: + 4 x 50 yard sprints at 10K pace, 6 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4 and 5, run your sprints as instructed above)

Wednesday – Cross Train or Rest

Thursday – Race Pace Run: 5 miles (1 mile aerobic, 3 miles at race pace, and 1 mile at recovery pace)

Friday – Rest

Saturday – Aerobic Long Run, 6 miles

Sunday – Cross Train or Rest

BUILD PHASE 3

(Purpose: Fine tune intensity. Building SPEED by further recruiting fast twitch muscles and improving running efficiency.) 4 weeks.

Week 19: Aug 30-Sept 5

Monday – Aerobic Run, 6 miles

Tuesday – Speedwork: 2-mile warm-up, 8 x 400s at 5K pace with 2 minutes rest between intervals, followed by 1-mile recovery jog.

Wednesday – Cross Train or Rest

Thursday - Aerobic Run: + 5 x 50 yard sprints at 5K pace, 7 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4, 5 and 6, run your sprints as instructed above)

Friday – Rest

Saturday – Aerobic Long Run, 17 miles

Sunday – Cross Train or Rest



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Week 20: Sept 6-12

Monday – Aerobic Run, 6 miles

Tuesday – Speedwork: 2-mile warm-up, 8 x 400s at 5K pace with 2 minutes rest between intervals, followed by 1-mile recovery jog.

Wednesday – Cross Train or Rest

Thursday - Aerobic Run: + 5 x 50 yard sprints at 5K pace, 7 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4, 5 and 6, run your sprints as instructed above)

Friday – Rest

Saturday – Aerobic Long Run, 18 miles

Sunday – Rest or Cross Train

Week 21: Sept 13-19

Monday – Aerobic Run, 6 miles

Tuesday – Speedwork: 2-mile warm-up, 8 x 400s at 5K pace with 2 minutes rest between intervals, followed by 1-mile recovery jog.

Wednesday – Cross Train or Rest

Thursday - Aerobic Run: + 5 x 50 yard sprints at 5K pace, 7 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4, 5 and 6, run your sprints as instructed above)

Friday – Rest

Saturday – Aerobic Long Run, 20 miles

Sunday – Rest or Cross Train

CUTBACK WEEK

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

Week 22: Sept 20-26

Monday – Aerobic Run, 5 miles

Tuesday – Speedwork: 2-mile warm-up, 6 x 400s at 5K pace with 2 minutes rest between intervals, followed by 1-mile recovery jog.

Wednesday – Cross Train or Rest

Thursday - Aerobic Run: + 5 x 50 yard sprints at 5K pace, 7 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4, 5 and 6, run your sprints as instructed above)

Friday – Rest

Saturday – Aerobic Long Run, 8 miles

Sunday – Rest or Cross Train

PEAK PHASE

(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.) 3 weeks.

Week 23: Sept 27-Oct 3

Monday – Aerobic Run, 8 miles

Tuesday – Speedwork: 2-mile warm-up, 6 x 800s @ 10K pace with 2-minute jog in between intervals, followed by 1-mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – Tempo Progression Run: 8 miles (1-mile warm-up, 2 miles @ race pace, 2 miles @ 30 seconds faster than race pace and 2 miles @ 45 seconds faster than race pace, and 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 – Rest or Cross Train

Week 24: Oct 4-10

Monday – Aerobic Run, 8 miles

Tuesday – Speedwork: 2-mile warm-up, 6 x 800s @ 10K pace with 2-minute jog in between intervals, followed by 1-mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – Tempo Progression Run: 8 miles (1-mile warm-up, 2 miles @ race pace, 2 miles @ 30 seconds faster than race pace and 2 miles @ 45 seconds faster than race pace, and 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 – Rest or Cross Train

Week 25: Oct 11-17

Monday – Aerobic Run, 8 miles

Tuesday – Speedwork: 2-mile warm-up, 6 x 800s @ 10K pace with 2-

minute jog in between intervals, followed by 1-mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – Tempo Progression Run: 8 miles (1-mile warm-up, 2 miles @ race pace, 2 miles @ 30 seconds faster than race pace and 2 miles @ 45 seconds faster than race pace, and 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 – Rest or Cross Train

TAPER PHASE

(Focus: 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.) 3 weeks.



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Week 26: Oct 18-24

Monday – Aerobic Run, 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 Run: + 5 x 50 yard sprints at 5K pace, 7 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4, 5 and 6, run your sprints as instructed above)

Friday – Rest

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

Sunday – Rest or Cross Train

Thursday – Aerobic Shakeout Run: +

1 Mile at Race Pace, 3 miles (1 mile aerobic, 1-mile race pace and 1-mile recovery pace)

Friday – COMPLETE REST

Saturday – REST, stretch and focus on race day strategy

SUNDAY – MARATHON (Show Time!!!)

Week 27: Oct 25-31

Monday – Aerobic Run, 4 miles

Tuesday – Aerobic Run: 4 miles

Wednesday – Cross Train or Rest

Thursday – Aerobic Run: 3 miles

Friday – Rest

Saturday – Aerobic Run, 8 miles

Sunday – Rest or Cross Train

Week 28: Nov 1-7 – RACE WEEK!

Focus on your mental game, nutrition, sleep, hydration and stretch every day. **(Just keep legs loose!)**

Monday – Aerobic Run, 3 miles

Tuesday – Aerobic Run, 3 miles

Wednesday – Rest



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Note: 400 meters = 1 lap around a track or 0.25 miles on your Garmin.

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



If you have any questions, contact your Pace Leader 😊