

	<p>San Diego Rock-N-Roll Marathon Train Start Date: March 25, 2013</p>	<p>Race Date: June 2, 2013 Gun Times: 6:15 AM</p>	
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This schedule is for those who recently completed the LA Marathon, on March 18<sup>th</sup>, 2012.

Hopefully, you have maintained with the “Recovery/Prep” Schedule, over the last four weeks (Month One), or at least some kind of easy, short distance running, at least every other day. Now is not the time to beat your-self up. PLEASE DO NOT START THIS SCHEDULE IF YOU SIMPLY TOOK FOUR WEEKS OFF. YOU WILL BE INJURED.

You all need taper, right now, more than anything to succeed at the San Diego Rock-N-Roll Marathon. Race pace long distance is not what you need. You all just did 26.2 miles, four weeks ago. Work on more of that base, with low heart rate, easy runs, and raising your anaerobic threshold/VO2 Max levels, with intensity training mid week. That consists of the interval training and hill training, and/or tempo runs, all mid-week.

If you are not sure about this schedule or how to begin it, given your exercise levels of late, please send a note to: [info@LARunningClub.com](mailto:info@LARunningClub.com). I would be glad to answer any of your questions, as soon as I can.

Have an inspired run!

**TERMS:**

**Aero** = Aerobic, Zone Two; an intensity level where you feel as if you could go forever; you can talk without noticeable pauses for breathing; slower than marathon pace;

**MRP** = Lactate Threshold; Zone Three; marathon “MRP” intensity; 1mm of lactate (mmol) higher than aerobic.

**AT** = Anaerobic Threshold; Zone Four; higher heart rate; heavier breathing; 5K or 10K level of intensity, 85%.

Training at different levels of intensity is important to become more efficient in different areas.

**PROPER EXERCISE & REST = OPTIMAL PERFORMANCE** (Best Race).



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**Focus: Building Intensity**

**Peak Building**

**Month Two**

April 15 – 21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes <sup>7</sup>
<b>Beginner</b>	DAY OFF	40 Mins. Fartlek	DAY OFF	0:40 Aero	DAY OFF	2:45 Aerobic	30 mins Aero	
<b>Intermediate</b>	30 mins Aero	DAY OFF	4 X 0:08 @ AT off 2:00	0:50 MRP w hills	DAY OFF	2:45 Aerobic	30 mins Aero	
<b>Advanced</b>	DAY OFF	1:20 Aerobic	4 X 0:08 @ AT off 0:02	1:00 MRP w hills	DAY OFF	2:45 Aerobic	45 mins MRP	
April 22 – 28	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes <sup>6</sup>
<b>Beginner</b>	DAY OFF	40 Mins. Fartlek	DAY OFF	0:45 Aero	DAY OFF	3:00 Aerobic	30 mins Aero	
<b>Intermediate</b>	30 mins Aero	DAY OFF	4 X 0:09 @ AT, off 0:01	1:00 MRP w hills	DAY OFF	3:00 Aerobic	30 mins Aero	
<b>Advanced</b>	DAY OFF	1:30 Aerobic	4 X 0:09 @ AT, off 0:01	1:10 MRP w hills	DAY OFF	3:00 Aerobic	45 mins MRP	
April 29 – May 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes <sup>5</sup>
<b>Beginner</b>	DAY OFF	0:30 M.R.P.	DAY OFF	0:30 Aero	DAY OFF	7 Miles M.R.P.	30 mins Aero	Cut back week
<b>Intermediate</b>	30 mins MRP	DAY OFF	4 X 0:10 @ AT, off 1:00	0:30 MRP w hills	DAY OFF	7 Miles M.R.P.	30 mins MRP	Cut back week
<b>Advanced</b>	DAY OFF	0:45 Aerobic	4 X 0:10 @ AT, off 1:00	0:40 MRP w hills	DAY OFF	7 Miles M.R.P.	45 mins MRP	Cut back week
May 6 - 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes <sup>4</sup>
<b>Beginner</b>	DAY OFF	45 Mins. racepace	DAY OFF	0:50 Aero	DAY OFF	13 miles MRP	0:30 Aero	Final Build
<b>Intermediate</b>	20 mins Aero	DAY OFF	2 X 0:20 @ AT, off 5:00	1:10 MRP w hills	DAY OFF	13 miles MRP	0:40 M.R.P.	Final Build
<b>Advanced</b>	DAY OFF	1:30 Aerobic	2 X 0:20 @ AT, off 5:00	1:20 MRP w hills	DAY OFF	13 miles MRP	1:00 M.R.P.	Final Build

**Focus: Building Intensity, Then TAPER**

**Exponential TAPER: Month 3**

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May 13 - 19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes <b>3</b>
Beginner	DAY OFF	40 Mins. Fartlek	DAY OFF	40 Mins., MRP w hills	DAY OFF	6 Miles MRP	0:30 Aero	Exponential Taper
Intermediate	30 mins Aero	DAY OFF	40 Mins AT 5 warm-up & cool-down	40 Mins., MRP w hills	DAY OFF	6 Miles MRP	0:30 Aerobic	Exponential Taper
Advanced	DAY OFF	0:45 Aerobic	40 Mins AT 5 warm-up & cool-down	45 Mins Hills	DAY OFF	6 Miles MRP	6 Miles MRP	Exponential Taper
May 20 - 26	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes <b>2</b>
Beginner	DAY OFF	30 mins. MRP	DAY OFF	30 mins. MRP	DAY OFF	0:30 MRP	DAY OFF	Exponential Taper
Intermediate	30 mins Aero	DAY OFF	20 Mins AT 5 warm-up & cool-down	30 mins. MRP	DAY OFF	0:40 MRP	0:30 Aerobic	Exponential Taper
Advanced	DAY OFF	30 mins. Aerobic	20 Mins AT 5 warm-up & cool-down	0:30 MRP	DAY OFF	0:40 MRP	0:30 MRP	Exponential Taper
May 27 - June 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes <b>1</b>
Beginner	DAY OFF	30 mins. MRP	DAY OFF	20 mins. MRP	DAY OFF	10 mins. MRP	<b>RACE DAY!!!</b>	Go Out Easy & Have FUN!
Intermediate	30 mins. MRP	DAY OFF	10 Mins AT 5 warm-up & cool-down	10 mins. MRP	DAY OFF	10 mins. MRP	<b>RACE DAY!!!</b>	Go Out Easy & Have FUN!
Advanced	DAY OFF	30 mins. Aerobic	10 Mins AT 5 warm-up & cool-down	10 mins. MRP	DAY OFF	10 mins. MRP	<b>RACE DAY!!!</b>	Go Out Easy & Have FUN!
June 4 - 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Beginner	Walk Slow	DAY OFF	30 Mins. Walk	DAY OFF	DAY OFF	30 Mins. Walk	DAY OFF	Recovery Week
Intermediate	Walk Slow	DAY OFF	30 Mins. Walk	30 Mins. Walk	DAY OFF	30 Mins in water	DAY OFF	Recovery Week
Advanced	Walk Slow	30 Mins in water	DAY OFF	30 Mins in water	DAY OFF	45 Mins in water	DAY OFF	Recovery Week

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