

Race Date: June 2, 2013 Gun Times: 6:15



This schedule is for those who recently completed the LA Marathon, on March 18th, 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.

AM

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. 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.



Race Date: June 2, 2013

Gun Times: 6:15 AM



Focus: Recovery Aerobic & Strength Month One

		1				1	The second secon	
March 25-31	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes6
	DAY	0:30	DAY OFF	0:30	DAY	0:40	Strength	
Beginner	OFF	Aerobic		Aerobic	OFF	Aerobic	Train	
	0:30	DAY	0:30 M.R.P.	0:40	DAY	0:40	Strength	
Intermediate	Aerobic	OFF		Aerobic	OFF	Aerobic	Train	
	DAY	0:30	0:30 M.R.P.		DAY	1:00	•0:30	
Advanced	OFF	Aerobic		0:50	OFF	Aerobic	aerobic	
				Aerobic			•X-Train	
April 1 - 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes5
	DAY	0:30	DAY OFF	0:35	DAY	2:30	Strength	
Beginner	OFF	Aerobic		Aerobic	OFF	Aerobic	Train	
	0:30	DAY	0:30 M.R.P.	0:45	DAY	2:30	Strength	
Intermediate	Aerobic	OFF		Aerobic	OFF	Aerobic	Train	
	DAY	0:30	0:30 M.R.P.		DAY	2:30	•0:30	
Advanced	OFF	Aerobic		0:55	OFF	Aerobic	aerobic	
				Aerobic			•X-Train	
April 8 – 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes4
	DAY	0:30	DAY OFF	0:30	DAY	0:30	Strength	Cut back
Beginner	OFF	Aerobic		Aerobic	OFF	Aerobic	Train	week
	0:30	DAY	0:30 M.R.P.	0:30	DAY	0:30	Strength	Cut
Intermediate	Aerobic	OFF		Aerobic	OFF	Aerobic	Train	back
								week
	DAY	0:30	0:30 M.R.P.	0:30	DAY	0:40	•0:30	Cut
Advanced	OFF	Aerobic		Aerobic	OFF	Aerobic	aerobic	back
							•X-Train	week

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.



Race Date: June 2, 2013

Gun Times: 6:15 AM



Focus: Building Intensity Peak Building Month Two

April 15 – 21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes7
	DAY	40 Mins.	DAY OFF	0:40 Aero	DAY	2:45	30 mins	
Beginner	OFF	Fartlek			OFF	Aerobic	Aero	
	30 mins	DAY	4 X 0:08 @	0:50 MRP	DAY	2:45	30 mins	
Intermediate	Aero	OFF	AT off 2:00	w hills	OFF	Aerobic	Aero	
	DAY	1:20	4 X 0:08 @	1:00 MRP	DAY	2:45	45 mins	
Advanced	OFF	Aerobic	AT off 0:02	w hills	OFF	Aerobic	MRP	
April 22 – 28	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes6
	DAY	40 Mins.	DAY OFF	0:45 Aero	DAY	3:00	30 mins	
Beginner	OFF	Fartlek			OFF	Aerobic	Aero	
	30 mins	DAY	4 X 0:09 @	1:00 MRP	DAY	3:00	30 mins	
Intermediate	Aero	OFF	AT,off 0:01	w hills	OFF	Aerobic	Aero	
	DAY	1:30	4 X 0:09 @	1:10 MRP	DAY	3:00	45 mins	
Advanced	OFF	Aerobic	AT,off 0:01	w hills	OFF	Aerobic	MRP	
April 29 –	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes5
May 5								
	DAY	0:30	DAY OFF	0:30 Aero	DAY	7 Miles	30 mins	Cut back week
Beginner	OFF	M.R.P.			OFF	M.R.P.	Aero	
	30 mins	DAY	4 X 0:10 @	0:30 MRP	DAY	7 Miles	30 mins	Cut
Intermediate	MRP	OFF	AT, off	w hills	OFF	M.R.P.	MRP	back week
	~	0.45	1:00	0.403.555		- > 511		
	DAY	0:45	4 X 0:10 @	0:40 MRP	DAY	7 Miles	45 mins	Cut
Advanced	OFF	Aerobic	AT, off	w hills	OFF	M.R.P.	MRP	back week
10	3.5		1:00		77.4.1			
May 6 - 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes4
ъ .	DAY	45 Mins.	DAY OFF	0:50 Aero	DAY	13 miles	0:30	Final
Beginner	OFF	racepace	2 17 0 20 0	1.10.100	OFF	MRP	Aero	Build
T (T)	20 mins	DAY	2 X 0:20 @	1:10 MRP	DAY	13 miles	0:40	Final
Intermediate	Aero	OFF	AT, off	w hills	OFF	MRP	M.R.P.	Build
	DATZ	1.20	5:00	1.00 1.00	DAT	12 1	1.00	T. 1
A 1	DAY	1:30	2 X 0:20 @	1:20 MRP	DAY	13 miles	1:00	Final
Advanced	OFF	Aerobic	AT, off	w hills	OFF	MRP	M.R.P.	Build
			5:00					

Focus: Building Intensity, Then TAPER Exponential TAPER: Month 3

ΓERMS:

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).



Race Date: June 2, 2013

Gun Times: 6:15 AM



May 13 - 19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 3
	DAY	40 Mins.	DAY OFF	40 Mins.,	DAY	6 Miles	0:30	Exponential
Beginner	OFF	Fartlek		MRP w	OFF	MRP	Aero	Taper
				hills				
	30 mins	DAY	40 Mins AT	40 Mins.,	DAY	6 Miles	0:30	Exponential
Intermediate	Aero	OFF	5 warm-up &	MRP w	OFF	MRP	Aerobic	Taper
			cool-down	hills				
	DAY	0:45	40 Mins AT	45 Mins	DAY	6 Miles	6 Miles	Exponential
Advanced	OFF	Aerobic	5 warm-up &	Hills	OFF	MRP	MRP	Taper
7.7	7.6	T	cool-down		77.11			77.
May 20 - 26	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 2
ъ .	DAY	30 mins.	DAY OFF	30 mins.	DAY	0:30	DAY	Exponential Taper
Beginner	OFF	MRP		MRP	OFF	MRP	OFF	_
	30 mins	DAY	20 Mins AT	30 mins.	DAY	0:40	0:30	Exponential
Intermediate	Aero	OFF	5 warm-up & cool-down	MRP	OFF	MRP	Aerobic	Taper
	DAY	30 mins.	20 Mins AT	0:30 MRP	DAY	0:40	0:30	Exponential
Advanced	OFF	Aerobic	5 warm-up &	0.30 WIKI	OFF	MRP	MRP	Taper
Auvanceu	Olt	Actobic	cool-down		Ort	IVIIXI	IVIIXI	
May 27 -	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 1
June 2								
	DAY	30 mins.	DAY OFF	20 mins.	DAY	10 mins.	RACE	Go Out
Beginner	OFF	MRP		MRP	OFF	MRP	DAY!!!	Easy & Have FUN!
	30 mins.	DAY	10 Mins AT	10 mins.	DAY	10 mins.	RACE	Go Out
Intermediate	MRP	OFF	5 warm-up &	MRP	OFF	MRP	DAY!!!	Easy &
			cool-down					Have FUN!
	DAY	30 mins.	10 Mins AT	10 mins.	DAY	10 mins.	RACE	Go Out Easy &
Advanced	OFF	Aerobic	5 warm-up &	MRP	OFF	MRP	DAY!!!	Have FUN!
T 4 10	Mandan	Tuesday	cool-down	Thursday	Evidor	Catuaday	Cundon	Notes
June 4 – 10	Monday Walk	Tuesday DAY	Wednesday 30 Mins.	Thursday	Friday DAY	Saturday 30 Mins.	Sunday DAY	Notes
Dagingan	Slow	OFF	Walk	DAY OFF	OFF	Walk	OFF	Recovery Week
Beginner								
Intomodists	Walk	DAY OFF	30 Mins.	30 Mins.	DAY OFF	30 Mins	DAY OFF	Recovery
Intermediate	Slow		Walk	Walk		in water		Week
Advanced	Walk	30 Mins	DAY OFF	30 Mins	DAY	45 Mins	DAY	Recovery
	Slow	in water		in water	OFF	in water	OFF	Week

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.