

This schedule is designed for those who just completed the LA Marathon. Please do not use this schedule unless you completed a marathon around March 17th, such as LA. Or you will be injured.

FOCUS: Recovery (Low Heart Rate) Aero Phase 1: Month One Mar. 18 - 24 | Monday | Tuesday Wednesday Thursday Friday **Saturday** Sunday Notes13 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. 0:30 DAY 0:40 Strength OFF OFF Train Intermediate Aerobic Aerobic Aerobic 0:30 M.R.P. 0:30 0:30 DAY DAY 1:00 •0:30 Advanced OFF Aerobic Aerobic OFF Aerobic aerobic •X-Train Mar. 25 - 31 Monday **Tuesday** Wednesday Thursday Friday Saturday **Sunday** Notes12 DAY 0:30 DAY OFF 0:30 DAY 0:40 Strength Cut back week OFF OFF Beginner Aerobic Aerobic Aerobic Train 0:30 DAY 0:30 M.R.P. 0:30 DAY 0:40 Strength Cut back week Aerobic OFF Aerobic OFF Aerobic Train Intermediate 0:30 0:30 M.R.P. Cut back DAY DAY 0:40 •0:30 week OFF 0:30 OFF Advanced Aerobic Aerobic aerobic Aerobic •X-Train

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; around 50% to 60%.

M.R.P. = Lactate Threshold; Zone Three; marathon "M.R.P." intensity; around marathon race pace intensity; around 70%.

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

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Focus: Begin Building Intensity & Base Building Phase 1: Month Two									
April 1 - 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes11	
	DAY	40 Mins.	DAY OFF	40 Mins.	DAY	2:00	DAY	Strength	
Beginner	OFF	Fartlek		Aero	OFF	Aerobic	OFF	Train	
								Optional	
	30 Mins.	DAY	4 X 6:30 @	40 Mins.	DAY	2:00	DAY	Strength	
Intermediate	M.R.P.	OFF	AT off 3:30	M.R.P.	OFF	Aerobic	OFF	Train	
	DAY	1:00	4 X 6:30 @	1:00	DAY	2:00	30	Strength	
Advanced	OFF	Aerobic	AT off 3:30	M.R.P.	OFF	Aerobic	Mins.	Train	
				with hills			M.R.P.		
April 8 - 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes10	
	DAY	40 Mins.	DAY OFF	40 Mins.	DAY	2:20	DAY	Strength	
Beginner	OFF	Fartlek		Aero	OFF	Aerobic	OFF	Train	
							D 1 T	Optional	
	30 Mins.	DAY	4 X 7:00 @	40 Mins.	DAY	2:20	DAY	Strength	
Intermediate	M.R.P.	OFF	AT off 3:00	M.R.P.	OFF	Aerobic	OFF	Train 1X	
	DAY	1:10	4 X 7:00 @	1:00	DAY	2:20	30	Strength	
Advanced	OFF	Aerobic	AT off 3:00	M.R.P.	OFF	Aerobic	Mins.	Train 1X	
				with hills			M.R.P.		
April 15-21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 9	
	DAY	40 Mins.	DAY OFF	40 Mins.	DAY	2:40	DAY	Strength	
Beginner	OFF	Fartlek		Aero	OFF	Aerobic	OFF	Train	
	Labor Day	DAV	4 V 7 20 @	40 14	DAV	2.40	DAY	Optional Streep ath	
T (1' (30 Mins.	DAY	4 X 7:30 @	40 Mins.	DAY	2:40	OFF	Strength Train 1X	
Intermediate	M.R.P.	OFF	AT off 2:30	M.R.P.	OFF	Aerobic			
. 1 1	DAY	1:15	4 X 7:30 @	1:00	DAY	2:40	30	Strength Train 1X	
Advanced	OFF Labor Day	Aerobic	AT off 2:30	M.R.P.	OFF	Aerobic	Mins.		
	-			with hills	T • 1		M.R.P.		
April 22-28	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 8	
р ·	DAY	0:30	DAY OFF	30 Mins.	DAY	1:30	DAY	Cut back	
Beginner	OFF	Fartlek	(X 400 M @	Aero	OFF	Aerobic	OFF	week	
_	30 Mins.	DAY	6 X 400 M @ track – Mon. or	30 Mins.	DAY	1:30	DAY	Cut back	
Intermediate	M.R.P.	OFF	Wed. once only	M.R.P.	OFF	Aerobic	OFF	week	
	DAY	0:40	8 X 400 M @ track – Tues or	30 Mins.	DAY	1:30	30	Cut back	
Advanced	OFF	Aerobic	Wed. 1 X only	M.R.P.	OFF	Aerobic	Mins.	week	
							M.R.P.		

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San Francisco Marathon Train Start Date: April 30, 2012 Race Date: June 16, 2013

Gun Times: 5:30 to 6:45 AM



Focus: Building Intensity

Peak Building Phase 2: Month Three

	ung nit							
April 29 – May 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes7
č	DAY	40 Mins.	DAY OFF	40 Mins.	DAY	13 miles,	0:30	
Beginner	OFF	Fartlek		Aero	OFF	M.R.P.	Aero	
	30 Mins.	DAY	4 X 8:00 @	1:00	DAY	13 Miles,	0:30	
Intermediate	M.R.P.	OFF	AT off 2:00	M.R.P.	OFF	M.R.P.	Aero	
	DAY	1:30	4 X 8:00 @	1:15	DAY	13 Miles,	0:45	
Advanced	OFF	Aerobic	AT off 2:00	M.R.P. w	OFF	M.R.P.	M.R.P.	
				hills				
May 6 - 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes6
	DAY	40 Mins.	DAY OFF	40 Mins.	DAY	3:00	0:30	
Beginner	OFF	Fartlek		Aero	OFF	Aerobic	Aero	
	30 Mins.	DAY	4 X 9:00 @	1:00	DAY	3:00	0:30	
Intermediate	Aerobic	OFF	AT, off	M.R.P. w	OFF	Aerobic	M.R.P.	
			1:00	hills				
	DAY	1:30	4 X 9:00 @	1:15	DAY	3:00	0:45	
Advanced	OFF	Aerobic	AT, off	M.R.P. w	OFF	Aerobic	M.R.P.	
			1:00	hills				
May 13 - 19		Tuesday		Thursday	Friday	Saturday	Sunday	Notes5
	DAY	30 Mins.	Wednesday DAY OFF	Thursday 0:30 Aero	DAY	1:40	0:30	Cut back
May 13 - 19 Beginner	DAY OFF	30 Mins. Fartlek	DAY OFF	0:30 Aero	DAY OFF	1:40 Aerobic	0:30 Aero	Cut back week
Beginner	DAY OFF 45 Mins.	30 Mins. Fartlek DAY	DAY OFF 4 X 10:00	0:30 Aero 0:30	DAY OFF DAY	1:40 Aerobic 1:40	0:30 Aero 0:30	Cut back week Cut
	DAY OFF	30 Mins. Fartlek	DAY OFF 4 X 10:00 @ AT, off	0:30 Aero 0:30 M.R.P. w	DAY OFF	1:40 Aerobic	0:30 Aero	Cut back week Cut back
Beginner Intermediate	DAY OFF 45 Mins. M.R.P.	30 Mins. Fartlek DAY OFF	DAY OFF 4 X 10:00 @ AT, off 1:00	0:30 Aero 0:30 M.R.P. w hills	DAY OFF DAY OFF	1:40 Aerobic 1:40 Aerobic	0:30 Aero 0:30 M.R.P.	Cut back week Cut back week
Beginner Intermediate DAY OFF	DAY OFF 45 Mins. M.R.P. DAY	30 Mins. Fartlek DAY OFF 0:45	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00	0:30 Aero 0:30 M.R.P. w hills 0:40	DAY OFF DAY OFF DAY	1:40 Aerobic 1:40 Aerobic 1:40	0:30 Aero 0:30 M.R.P. 0:30	Cut back week Cut back week Cut
Beginner Intermediate	DAY OFF 45 Mins. M.R.P.	30 Mins. Fartlek DAY OFF	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w	DAY OFF DAY OFF	1:40 Aerobic 1:40 Aerobic	0:30 Aero 0:30 M.R.P.	Cut back week Cut back week Cut back
Beginner Intermediate DAY OFF Advanced	DAY OFF 45 Mins. M.R.P. DAY OFF	30 Mins. Fartlek DAY OFF 0:45 Aerobic	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off 1:00	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w hills	DAY OFF DAY OFF DAY OFF	1:40 Aerobic 1:40 Aerobic 1:40 Aerobic	0:30 Aero 0:30 M.R.P. 0:30 M.R.P.	Cut back week Cut back week Cut back week
Beginner Intermediate DAY OFF	DAY OFF 45 Mins. M.R.P. DAY OFF Monday	30 Mins. Fartlek DAY OFF 0:45 Aerobic Tuesday	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off 1:00 Wednesday	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w hills Thursday	DAY OFF DAY OFF DAY OFF Friday	1:40 Aerobic 1:40 Aerobic 1:40 Aerobic Saturday	0:30 Aero 0:30 M.R.P. 0:30 M.R.P. Sunday	Cut back week Cut back week Cut back week Notes4
Beginner Intermediate DAY OFF Advanced May 20 - 26	DAY OFF 45 Mins. M.R.P. DAY OFF Monday DAY	30 Mins. Fartlek DAY OFF 0:45 Aerobic Tuesday 45 Mins.	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off 1:00	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w hills Thursday 40 Mins.	DAY OFF DAY OFF DAY OFF Friday DAY	1:40 Aerobic 1:40 Aerobic 1:40 Aerobic Saturday 13 miles,	0:30 Aero 0:30 M.R.P. 0:30 M.R.P. Sunday 30 mins	Cut back week Cut back week Cut back week Notes4 Final
Beginner Intermediate DAY OFF Advanced	DAY OFF 45 Mins. M.R.P. DAY OFF Monday DAY OFF	30 Mins. Fartlek DAY OFF 0:45 Aerobic Tuesday 45 Mins. Fartlek	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off 1:00 Wednesday DAY OFF	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w hills Thursday 40 Mins. Aero	DAY OFF DAY OFF DAY OFF DAY DAY OFF	1:40 Aerobic 1:40 Aerobic 1:40 Aerobic Saturday 13 miles, M.R.P.	0:30 Aero 0:30 M.R.P. 0:30 M.R.P. Sunday 30 mins Aero	Cut back week Cut back week Cut back week Notes4 Final Build
Beginner Intermediate DAY OFF Advanced May 20 - 26 Beginner	DAY OFF 45 Mins. M.R.P. DAY OFF DAY OFF 50 Mins.	30 Mins. Fartlek DAY OFF 0:45 Aerobic Tuesday 45 Mins. Fartlek DAY	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off 1:00 Wednesday DAY OFF 2 X 20:00	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w hills Thursday 40 Mins. Aero 1:00	DAY OFF DAY OFF DAY OFF DAY OFF DAY	1:40 Aerobic 1:40 Aerobic 1:40 Aerobic Saturday 13 miles, M.R.P. 13 Miles,	0:30 Aero 0:30 M.R.P. 0:30 M.R.P. 30 mins Aero 30 mins	Cut back week Cut back week Cut back week Notes4 Final Build Final
Beginner Intermediate DAY OFF Advanced May 20 - 26	DAY OFF 45 Mins. M.R.P. DAY OFF Monday DAY OFF	30 Mins. Fartlek DAY OFF 0:45 Aerobic Tuesday 45 Mins. Fartlek	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off 1:00 Wednesday DAY OFF 2 X 20:00 @ AT, off	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w hills Thursday 40 Mins. Aero 1:00 M.R.P. w	DAY OFF DAY OFF DAY OFF DAY DAY OFF	1:40 Aerobic 1:40 Aerobic 1:40 Aerobic Saturday 13 miles, M.R.P.	0:30 Aero 0:30 M.R.P. 0:30 M.R.P. Sunday 30 mins Aero	Cut back week Cut back week Cut back week Notes4 Final Build
Beginner Intermediate DAY OFF Advanced May 20 - 26 Beginner	DAY OFF 45 Mins. M.R.P. DAY OFF Monday DAY OFF 50 Mins. M.R.P.	30 Mins. Fartlek DAY OFF 0:45 Aerobic Tuesday 45 Mins. Fartlek DAY OFF	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off 1:00 Wednesday DAY OFF 2 X 20:00 @ AT, off 5:00	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w hills Thursday 40 Mins. Aero 1:00 M.R.P. w hills	DAY OFF DAY OFF DAY OFF DAY OFF DAY OFF	1:40 Aerobic 1:40 Aerobic 1:40 Aerobic Saturday 13 miles, M.R.P. 13 Miles, M.R.P.	0:30 Aero 0:30 M.R.P. 0:30 M.R.P. 30 mins Aero 30 mins Aero	Cut back week Cut back week Cut back week Notes4 Final Build Final Build
Beginner Intermediate DAY OFF Advanced May 20 - 26 Beginner Intermediate	DAY OFF 45 Mins. M.R.P. DAY OFF 50 Mins. M.R.P. DAY	30 Mins. Fartlek DAY OFF 0:45 Aerobic Tuesday 45 Mins. Fartlek DAY OFF 1:30	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off 1:00 Wednesday DAY OFF 2 X 20:00 @ AT, off 5:00 2 X20:00 @	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w hills Thursday 40 Mins. Aero 1:00 M.R.P. w hills 1:15	DAY OFF DAY OFF DAY OFF DAY OFF DAY OFF DAY	1:40 Aerobic 1:40 Aerobic 1:40 Aerobic Saturday 13 miles, M.R.P. 13 Miles, M.R.P. 13 Miles,	0:30 Aero 0:30 M.R.P. 0:30 M.R.P. 30 mins Aero 30 mins Aero 30 mins	Cut back week Cut back week Cut back week Notes4 Final Build Final Build Final
Beginner Intermediate DAY OFF Advanced May 20 - 26 Beginner	DAY OFF 45 Mins. M.R.P. DAY OFF Monday DAY OFF 50 Mins. M.R.P.	30 Mins. Fartlek DAY OFF 0:45 Aerobic Tuesday 45 Mins. Fartlek DAY OFF	DAY OFF 4 X 10:00 @ AT, off 1:00 4 X 10:00 @ AT, off 1:00 Wednesday DAY OFF 2 X 20:00 @ AT, off 5:00	0:30 Aero 0:30 M.R.P. w hills 0:40 M.R.P. w hills Thursday 40 Mins. Aero 1:00 M.R.P. w hills	DAY OFF DAY OFF DAY OFF DAY OFF DAY OFF	1:40 Aerobic 1:40 Aerobic 1:40 Aerobic Saturday 13 miles, M.R.P. 13 Miles, M.R.P.	0:30 Aero 0:30 M.R.P. 0:30 M.R.P. 30 mins Aero 30 mins Aero	Cut back week Cut back week Cut back week Notes4 Final Build Final Build

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Focus: TAPER				Exponential TAPER: Month Four					
May 27 -	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 3	
June 2									
	DAY	30 Mins.	DAY OFF	30 Mins.,	DAY	6 Miles,	30 mins	Exponential	
Beginner	OFF	Fartlek		M.R.P.	OFF	M.R.P.	Aero	Taper	
	30 mins.	DAY	40 Mins AT	40 Mins.,	DAY	6 Miles,	30Mins	Exponential	
Intermediate	M.R.P.	OFF		M.R.P.	OFF	M.R.P.	M.R.P.	Taper	
	DAY	1:45	40 Mins AT	0:45 Mins	DAY	6 Miles,	6 Miles	Exponential	
Advanced	OFF	Aerobic		Hills	OFF	M.R.P.	M.R.P.	Taper	
June 3 - 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 2	
	DAY	30 mins.	DAY OFF	30 mins.	DAY	40 mins.	DAY	Exponential	
Beginner	OFF	Fartlek		M.R.P.	OFF	M.R.P.	OFF	Taper	
	30 mins.	DAY	20 Mins.	30 mins.	DAY	40 mins.	30 mins	Exponential	
Intermediate	M.R.P.	OFF	AT+ warm-up	M.R.P.	OFF	M.R.P.	M.R.P.	Taper	
	DAV	20	& cool down	20	DAV	40	20	England and al	
	DAY	30 mins.	20 Mins.	30 mins.	DAY	40 mins.	30 mins	Exponential Taper	
Advanced	OFF	M.R.P.	AT + warm-up & cool down	M.R.P.	OFF	M.R.P.	M.R.P.	raper	
June 10–16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 1	
	DAY	30 mins.	DAY OFF	20 mins.	DAY	10 mins.	RACE	Go Out	
Beginner	OFF	Fartlek		M.R.P.	OFF	M.R.P.	DAY!!!	Easy &	
- 6	30 mins.	DAY	2X10 Mins	10 mins.	DAY	10 mins.	RACE	Have FUN! Go Out	
Intermediate	M.R.P.	OFF	AT + warm-up	M.R.P.	OFF	M.R.P.	DAY!!!	Easy &	
Internetiate	141.111.1	011	& cool down	WI.IX.I .	011	WI.IX.I .		Have FUN!	
	DAY	30 mins.	2X10 Mins	10 mins.	DAY	10 mins.	RACE	Go Out	
Advanced	OFF	M.R.P.	AT + warm-up	M.R.P.	OFF	M.R.P.	DAY!!!	Easy & Have FUN!	
			& cool down						
June 17 -23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes	
	Walk	DAY	30 Mins.	DAY	DAY	30 Mins.	DAY	Recovery	
Beginner	Slow	OFF	Walk	OFF	OFF	Walk	OFF	Week	
	Walk	DAY	30 Mins.	30 Mins.	DAY	30 Mins	DAY	Recovery	
Intermediate	Slow	OFF	Walk	Walk	OFF	in water	OFF	Week	
Advanced	Walk	30 Mins	DAY OFF	30 Mins	DAY	45 Mins	DAY	Recovery	
	Slow	in water		in water	OFF	in water	OFF	Week	

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