
	San Francisco Marathon Train Start Date: April 30, 2012	Race Date: June 16, 2013 Gun Times: 5:30 to 6:45 AM	
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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	Notes ¹³
Beginner	DAY OFF	0:30 Aerobic	DAY OFF	0:30 Aerobic	DAY OFF	0:40 Aerobic	Strength Train	
Intermediate	0:30 Aerobic	DAY OFF	0:30 M.R.P.	0:30 Aerobic	DAY OFF	0:40 Aerobic	Strength Train	
Advanced	DAY OFF	0:30 Aerobic	0:30 M.R.P.	0:30 Aerobic	DAY OFF	1:00 Aerobic	•0:30 aerobic •X-Train	
Mar. 25 -31	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹²
Beginner	DAY OFF	0:30 Aerobic	DAY OFF	0:30 Aerobic	DAY OFF	0:40 Aerobic	Strength Train	Cut back week
Intermediate	0:30 Aerobic	DAY OFF	0:30 M.R.P.	0:30 Aerobic	DAY OFF	0:40 Aerobic	Strength Train	Cut back week
Advanced	DAY OFF	0:30 Aerobic	0:30 M.R.P.	0:30 Aerobic	DAY OFF	0:40 Aerobic	•0:30 aerobic •X-Train	Cut back 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; 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% .

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: Begin Building Intensity & Base **Building Phase 1: Month Two**

April 1 - 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹¹
Beginner	DAY OFF	40 Mins. Fartlek	DAY OFF	40 Mins. Aero	DAY OFF	2:00 Aerobic	DAY OFF	Strength Train Optional
Intermediate	30 Mins. M.R.P.	DAY OFF	4 X 6:30 @ AT off 3:30	40 Mins. M.R.P.	DAY OFF	2:00 Aerobic	DAY OFF	Strength Train
Advanced	DAY OFF	1:00 Aerobic	4 X 6:30 @ AT off 3:30	1:00 M.R.P. with hills	DAY OFF	2:00 Aerobic	30 Mins. M.R.P.	Strength Train
April 8 - 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹⁰
Beginner	DAY OFF	40 Mins. Fartlek	DAY OFF	40 Mins. Aero	DAY OFF	2:20 Aerobic	DAY OFF	Strength Train Optional
Intermediate	30 Mins. M.R.P.	DAY OFF	4 X 7:00 @ AT off 3:00	40 Mins. M.R.P.	DAY OFF	2:20 Aerobic	DAY OFF	Strength Train 1X
Advanced	DAY OFF	1:10 Aerobic	4 X 7:00 @ AT off 3:00	1:00 M.R.P. with hills	DAY OFF	2:20 Aerobic	30 Mins. M.R.P.	Strength Train 1X
April 15-21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ⁹
Beginner	DAY OFF <i>Labor Day</i>	40 Mins. Fartlek	DAY OFF	40 Mins. Aero	DAY OFF	2:40 Aerobic	DAY OFF	Strength Train Optional
Intermediate	30 Mins. M.R.P.	DAY OFF	4 X 7:30 @ AT off 2:30	40 Mins. M.R.P.	DAY OFF	2:40 Aerobic	DAY OFF	Strength Train 1X
Advanced	DAY OFF <i>Labor Day</i>	1:15 Aerobic	4 X 7:30 @ AT off 2:30	1:00 M.R.P. with hills	DAY OFF	2:40 Aerobic	30 Mins. M.R.P.	Strength Train 1X
April 22-28	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ⁸
Beginner	DAY OFF	0:30 Fartlek	DAY OFF	30 Mins. Aero	DAY OFF	1:30 Aerobic	DAY OFF	Cut back week
Intermediate	30 Mins. M.R.P.	DAY OFF	6 X 400 M @ track – Mon. or Wed. once only	30 Mins. M.R.P.	DAY OFF	1:30 Aerobic	DAY OFF	Cut back week
Advanced	DAY OFF	0:40 Aerobic	8 X 400 M @ track – Tues or Wed. 1 X only	30 Mins. M.R.P.	DAY OFF	1:30 Aerobic	30 Mins. M.R.P.	Cut back week

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Focus: Building Intensity
Peak Building Phase 2: Month Three

April 29 – May 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ⁷
Beginner	DAY OFF	40 Mins. Fartlek	DAY OFF	40 Mins. Aero	DAY OFF	13 miles, M.R.P.	0:30 Aero	
Intermediate	30 Mins. M.R.P.	DAY OFF	4 X 8:00 @ AT off 2:00	1:00 M.R.P.	DAY OFF	13 Miles, M.R.P.	0:30 Aero	
Advanced	DAY OFF	1:30 Aerobic	4 X 8:00 @ AT off 2:00	1:15 M.R.P. w hills	DAY OFF	13 Miles, M.R.P.	0:45 M.R.P.	
May 6 - 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ⁶
Beginner	DAY OFF	40 Mins. Fartlek	DAY OFF	40 Mins. Aero	DAY OFF	3:00 Aerobic	0:30 Aero	
Intermediate	30 Mins. Aerobic	DAY OFF	4 X 9:00 @ AT, off 1:00	1:00 M.R.P. w hills	DAY OFF	3:00 Aerobic	0:30 M.R.P.	
Advanced	DAY OFF	1:30 Aerobic	4 X 9:00 @ AT, off 1:00	1:15 M.R.P. w hills	DAY OFF	3:00 Aerobic	0:45 M.R.P.	
May 13 - 19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ⁵
Beginner	DAY OFF	30 Mins. Fartlek	DAY OFF	0:30 Aero	DAY OFF	1:40 Aerobic	0:30 Aero	Cut back week
Intermediate	45 Mins. M.R.P.	DAY OFF	4 X 10:00 @ AT, off 1:00	0:30 M.R.P. w hills	DAY OFF	1:40 Aerobic	0:30 M.R.P.	Cut back week
DAY OFF Advanced	DAY OFF	0:45 Aerobic	4 X 10:00 @ AT, off 1:00	0:40 M.R.P. w hills	DAY OFF	1:40 Aerobic	0:30 M.R.P.	Cut back week
May 20 - 26	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ⁴
Beginner	DAY OFF	45 Mins. Fartlek	DAY OFF	40 Mins. Aero	DAY OFF	13 miles, M.R.P.	30 mins Aero	Final Build
Intermediate	50 Mins. M.R.P.	DAY OFF	2 X 20:00 @ AT, off 5:00	1:00 M.R.P. w hills	DAY OFF	13 Miles, M.R.P.	30 mins Aero	Final Build
Advanced	DAY OFF	1:30 Aerobic	2 X 20:00 @ AT, off 5:00	1:15 M.R.P. w hills	DAY OFF	13 Miles, M.R.P.	30 mins Aero	Final Build

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Focus: TAPER

Exponential TAPER: Month Four

May 27 - June 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 3
Beginner	DAY OFF	30 Mins. Fartlek	DAY OFF	30 Mins., M.R.P.	DAY OFF	6 Miles, M.R.P.	30 mins Aero	Exponential Taper
Intermediate	30 mins. M.R.P.	DAY OFF	40 Mins AT	40 Mins., M.R.P.	DAY OFF	6 Miles, M.R.P.	30Mins M.R.P.	Exponential Taper
Advanced	DAY OFF	1:45 Aerobic	40 Mins AT	0:45 Mins Hills	DAY OFF	6 Miles, M.R.P.	6 Miles M.R.P.	Exponential Taper
June 3 - 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 2
Beginner	DAY OFF	30 mins. Fartlek	DAY OFF	30 mins. M.R.P.	DAY OFF	40 mins. M.R.P.	DAY OFF	Exponential Taper
Intermediate	30 mins. M.R.P.	DAY OFF	20 Mins. AT + warm-up & cool down	30 mins. M.R.P.	DAY OFF	40 mins. M.R.P.	30 mins M.R.P.	Exponential Taper
Advanced	DAY OFF	30 mins. M.R.P.	20 Mins. AT + warm-up & cool down	30 mins. M.R.P.	DAY OFF	40 mins. M.R.P.	30 mins M.R.P.	Exponential Taper
June 10-16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 1
Beginner	DAY OFF	30 mins. Fartlek	DAY OFF	20 mins. M.R.P.	DAY OFF	10 mins. M.R.P.	RACE DAY!!!	Go Out Easy & Have FUN!
Intermediate	30 mins. M.R.P.	DAY OFF	2X10 Mins AT + warm-up & cool down	10 mins. M.R.P.	DAY OFF	10 mins. M.R.P.	RACE DAY!!!	Go Out Easy & Have FUN!
Advanced	DAY OFF	30 mins. M.R.P.	2X10 Mins AT + warm-up & cool down	10 mins. M.R.P.	DAY OFF	10 mins. M.R.P.	RACE DAY!!!	Go Out Easy & Have FUN!
June 17 -23	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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