



Train Start Date: March 16, 2015

Race Date: July 23, 2017

**Start Run Time: Wave 1 - 5:30 AM, Wave 2 - 5:32 am,
#3 - 5:42, #4 - 5:52, #5 - 6:02, #6 - 6:12, #7 - 6:22, #8 - 6:32**

By: Coach David A. Levine



It is critical that you begin your training with low intensity, aerobic training, or you will never be your best.

This particular schedule assumes that you just finished the LA Marathon, and want to run San Francisco. If not, take a different schedule and begin with the first week. After LA Marathon you have 19 weeks to go. First you need to recover, rest your central nervous system, and do more stretch and strength training to rebuild, with a good taper. Otherwise, you will never do as well in training or on race day.

TERMS:

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

X-Train = Anything but running (swim, bike, strength train).

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PROPER EXERCISE & RECOVERY = OPTIMAL PERFORMANCE



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FOCUS: TAPER! Volume (aerobic) Form & Strength

Base Phase Three

Mar. 13 -19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹⁹
Beginner	0:30 Walk	0:30 Walk	DAY OFF	0:30 Aerobic	DAY OFF	0:40 Aerobic	Strength Train	Exponential Taper
Intermediate	0:30 Walk	0:30 Walk	0:30 Aerobic	0:10 Aerobic; 0:10 Tempo; 0:10 Aerobic	DAY OFF	0:50 Aerobic	X-train 0:30	Exponential Taper
Advanced	0:30 Run in water	0:30 Aerobic	0:45 Aerobic	0:10 Aerobic; 0:20 Tempo	DAY OFF	1:00 Aerobic	0:40 Aero & X-train	Exponential Taper
Mar. 20 -26	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹⁸
Beginner	DAY OFF	0:30 Fartlek	DAY OFF	0:10 Aerobic; 0:10 Tempo; 0:10 Aerobic	DAY OFF	0:45 Aerobic	DAY OFF	Exponential Taper
Intermediate	0:30 Aerobic	DAY OFF	1:00 Aerobic	0:10 Aerobic; 0:20 Tempo	DAY OFF	0:55 Aerobic	X-train	Exponential Taper
Advanced	DAY OFF	0:30 Aerobic	1:20 Aerobic	0:10 Aerobic; 0:20 Tempo	DAY OFF	1:05 Aerobic	0:30 M.R.P.	Exponential Taper
March 27 – April 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹⁷
Beginner	DAY OFF	0:30 Aerobic	DAY OFF	0:30 Aerobic	DAY OFF	1:20 Aerobic	Strength Train	
Intermediate	0:40 Aerobic	DAY OFF	1:10 Aerobic	0:30 Aerobic; 0:25 Tempo	DAY OFF	1:40 Aerobic	X-train 0:40	
Advanced	DAY OFF	0:50 Aerobic	1:30 Aerobic	0:30 Aerobic; 0:20 Tempo 0:10 Aerobic	DAY OFF	2:10 Aerobic	0:50 Aero & X-train	
April 3 - 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹⁶
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 Aerobic	0:10 Aerobic; 0:20 Tempo	DAY OFF	0:50 Aerobic	X-train 0:30	Cut back week
Advanced	DAY OFF	0:30 Aerobic	0:45 Aerobic	0:10 Aerobic; 0:20 Tempo	DAY OFF	1:05 Aerobic	0:30 Aero & X-train	Cut back week

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By: Coach David A. Levine



Focus: Build Intensity

Building Phase Four

April 10 -16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹⁵
Beginner	DAY OFF	0:30 M.R.P.	DAY OFF	0:30 M.R.P.	DAY OFF	1:30 Aerobic	Strength Train	
Intermediate	0:10 Aerobic; 0:20 Tempo	DAY OFF	10 X 300 M @ track	1:10 Aerobic	DAY OFF	1:55 Aerobic	X-train 0:40	
Advanced	DAY OFF	1:30 Aerobic	16 X 300 M @ track	0:10 Aerobic; 0:20 Tempo	DAY OFF	2:25 Aerobic	0:50 Aero & X-train	
April 17 - 23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹⁴
Beginner	DAY OFF	0:30 Fartlek	DAY OFF	0:30 M.R.P.	DAY OFF	1:45 Aerobic	Strength Train	
Intermediate	0:15 Aerobic; 0:20 Tempo	DAY OFF	8 X 400 M @ track	1:15 Aerobic	DAY OFF	2:10 Aerobic	X-train 0:45	
Advanced	DAY OFF	1:40 Aerobic	12 X 400 M @ track	0:15 Aerobic; 0:20 Tempo with hills	DAY OFF	2:45 Aerobic	0:55 Aero & X-train	
April 24-30	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹³
Beginner	DAY OFF	0:30 Fartlek	DAY OFF	0:35 M.R.P.	DAY OFF	1:55 Aerobic	Strength Train	
Intermediate	0:20 Aerobic; 0:20 Tempo	DAY OFF	5 X 500 M; 3 X 200 M @ track	1:20 Aerobic	DAY OFF	2:25 Aerobic	X-train 0:50	
Advanced	DAY OFF	1:40 Aerobic	8 X 500 M; 5 X 200 M @ track	0:20 Aerobic; 0:20 Tempo with hills	DAY OFF	3:00 Aerobic	1:00 Aero & X-train	
May 1 - 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes ¹²
Beginner	DAY OFF	0:30 M.R.P.	DAY OFF	30 Mins. M.R.P.	DAY OFF	1:00 Aerobic	Strength Train	Cut back week
Intermediate	0:10 Aerobic; 0:20 Tempo	DAY OFF	2 X 600 M; 2 X 200 M @ track	0:40 Aerobic	DAY OFF	1:15 Aerobic	X-train 0:30	Cut back week
Advanced	DAY OFF	0:50 Aerobic	3 X 600 M; 3 X 200 M @ track	0:10 Aerobic; 0:20 Tempo with hills	DAY OFF	1:30 Aerobic	0:30 Aero & X-train	Cut back week

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Focus: Begin Building Intensity

Building Phase Five

May 8 - 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 11
Beginner	DAY OFF	0:35 Fartlek	DAY OFF X-mas	0:35 M.R.P.	DAY OFF	6 Miles M.R.P.	Strength Train	Strength Train Optional
Intermediate	0:50 Aerobic	DAY OFF	4 X 6:30 @ AT off 3:30	1:20 Aerobic	DAY OFF	9 Miles M.R.P.	X-train 0:50	
Advanced	DAY OFF	1:40 Aerobic	4 X 6:30 @ AT off 3:30	0:50 Aerobic	DAY OFF	13 Miles M.R.P.	1:00 Aero & X-train	
May 15 - 21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 10
Beginner	DAY OFF	0:40 Fartlek	DAY OFF	0:40 M.R.P.	DAY OFF	2:10 Aerobic	Strength Train	Strength Train Optional
Intermediate	0:50 M.R.P. <i>with hills</i>	DAY OFF	4 X 7:00 @ AT off 3:00	1:25 Aerobic	DAY OFF	2:45 Aerobic	X-train 0:50	
Advanced	DAY OFF	1:40 Aerobic	4 X 7:00 @ AT off 3:00	0:45 M.R.P. <i>with hills</i>	DAY OFF	3:00 Aerobic	1:00 Aero & X-train	
May 22 - 28	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 9
Beginner	DAY OFF	0:45 Fartlek	DAY OFF	0:40 M.R.P.	DAY OFF	8 Miles M.R.P.	Strength Train	Strength Train Optional
Intermediate	1:00 Aerobic	DAY OFF	4 X 7:30 @ AT off 2:30	1:30 Aerobic	DAY OFF	11 Miles M.R.P.	X-train 0:50	
Advanced	DAY OFF	1:40 Aerobic	4 X 7:30 @ AT off 2:30	1:00 Aerobic	DAY OFF	13 Miles M.R.P. <i>with hills</i>	1:00 Aero & X-train	<i>160 Aerobic</i>
May 29 - June 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 8
Beginner	DAY OFF	30 Mins. Fartlek	DAY OFF	0:30 M.R.P.	DAY OFF	1:10 Aerobic	Strength Train	<i>Cut back week</i>
Intermediate	0:30 M.R.P. <i>with hills</i>	DAY OFF	5 X 300 meters; 4 X 200 meters	0:45 Aerobic	DAY OFF	1:25 Aerobic	X-train 0:30	<i>Cut back week</i>
Advanced	DAY OFF	0:50 Aerobic	6 X 300 meters; 5 X 200 meters	0:30 M.R.P. <i>with hills</i>	DAY OFF	1:30 Aerobic	0:30 Aero & X-train	<i>Cut back week</i>

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Focus: Building Intensity

Peak Building Phase Six

June 5 - 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 7
Beginner	DAY OFF	0:45 Fartlek	DAY OFF	0:40 M.R.P. with hills	DAY OFF	9 Miles M.R.P. with hills	X-Train 0:40	
Intermediate	1:00 Aerobic	DAY OFF	4 X 8:00 @ AT off 2:00	1:30 Aerobic	DAY OFF	12 Miles M.R.P. with hills	X-train 0:50	
Advanced	DAY OFF	1:40 Aerobic	4 X 8:00 @ AT off 2:00	1:00 Aerobic	DAY OFF	13 Miles M.R.P. with hills	1:00 Aero & X-train	
June 12 - 18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 6
Beginner	DAY OFF	45 Mins. Fartlek	DAY OFF	0:40 M.R.P. with hills	DAY OFF	2:25 Aerobic	X-Train 0:40	
Intermediate	1:00 M.R.P. w Hills	DAY OFF	4 X 9:00 @ AT, off 1:00	1:40 Aerobic	DAY OFF	3:00 Aerobic	X-train 0:55	
Advanced	DAY OFF	1:40 Aerobic	4 X 9:00 @ AT, off 1:00	0:55 M.R.P. with hills	DAY OFF	3:00 Aerobic	1:00 Aero & X-train	
June 19 - 25	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 5
Beginner	DAY OFF	30 Mins. Fartlek	DAY OFF	30 Mins., M.R.P.	DAY OFF	13 Miles M.R.P.	X-Train 0:30	Cut back week
Intermediate	1:10 Aerobic	DAY OFF	4 X 10:00 @ AT, off 1:00	0:50 Aerobic	DAY OFF	13 Miles M.R.P.	X-train 0:30	Cut back week
Advanced	DAY OFF	0:50 Aerobic	4 X 10:00 @ AT, off 1:00	1:10 Aerobic	DAY OFF	13 Miles M.R.P.	0:30 Aero & X-train	Cut back week
June 26 - July 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 4
Beginner	DAY OFF	0:45 Fartlek	DAY OFF	0:40 M.R.P. with hills	DAY OFF	2:45 Aerobic	X-Train 0:30	Final Build Week
Intermediate 315 Aerobic 105 Intense	0:35 Aerobic; 1:00 M.R.P. w Hills	DAY OFF	2 X 20:00 @ AT, off 5:00	1:40 Aerobic	DAY OFF	3:00 Aerobic	X-train 0:30	Final Build Week = 38 miles @ 10:00 m.r.pace
Advanced 375 Aero 105 Intense	DAY OFF	1:40 Aerobic	2 X 20:00 @ AT, off 5:00	1:00 M.R.P. with hills	DAY OFF	3:00 Aerobic	1:00 Aerobic & X-train	Final Build Week = 50 miles @ 8:30 m.r.pace

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Focus: Building Intensity, Then TAPER

Exponential TAPER - 7

July 3 - 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 3
Beginner	DAY OFF	0:30 Fartlek	DAY OFF	0:30 M.R.P.	DAY OFF	7 Miles M.R.P. with hills	X-Train 0:30 Easy	Exponential Taper
Intermediate	0:30 M.R.P. w Hills	DAY OFF	40 Mins AT	0:50 Aerobic	DAY OFF	9 Miles M.R.P. with hills	X-Train 0:30 Easy	Exponential Taper
Advanced	DAY OFF	0:50 M.R.P. w Hills	40 Mins AT	0:30 M.R.P. with hills	DAY OFF	13 Miles M.R.P. with hills	6 Miles M.R.P.	Exponential Taper
July 10 - 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 2
Beginner	DAY OFF	0:30 Fartlek	DAY OFF	0:10 Aerobic; 0:10 Tempo; 0:10 Aerobic	DAY OFF	4 Miles M.R.P. with hills	DAY OFF	Exponential Taper
Intermediate	0:30 M.R.P. w Hills	DAY OFF	5 X 300 meters; 4 X 200 meters	0:10 Aerobic; 0:20 Tempo	DAY OFF	6 Miles M.R.P. with hills	X-train	Exponential Taper
Advanced	DAY OFF	0:30 M.R.P. w Hills	6 X 300 meters; 5 X 200 meters	0:10 Aerobic; 0:20 Tempo	DAY OFF	8 Miles M.R.P. with hills	0:30 M.R.P.	Exponential Taper
July 17 - 23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes 1
Beginner	DAY OFF	0:30 M.R.P.	DAY OFF	0:20 Tempo	DAY OFF	0:10 M.R.P.	RACE DAY!!!	Go Out Easy & Have FUN!
Intermediate	0:30 M.R.P. w Hills	DAY OFF	0:20 M.R.P.	0:05 Aerobic; 0:10 Tempo	DAY OFF	0:10 M.R.P.	RACE DAY!!!	Go Out Easy & Have FUN!
Advanced	DAY OFF	0:30 M.R.P. w Hills	0:20 M.R.P.	0:10 Aerobic; 0:10 Tempo	DAY OFF	0:10 M.R.P.	RACE DAY!!!	Go Out Easy & Have FUN!
	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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