



**Run Club-I Left My Heart in SF Full Training Schedule**  
 May.16, 2020 – Jul.26, 2020

Date	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5-11-20	N/A	N/A	N/A	N/A	N/A	<b><u>RUN CLUB LAUNCH!</u></b>	<b>B-13 miles Easy</b> <b>I-14 miles Easy</b> <b>A-15 miles Easy</b> <b>R-16 miles w/ 3 miles @ target half marathon pace</b>
5-18-20	<b>ALL LEVELS-REST</b>	<b>B-3 miles Easy</b> <b>I-4 miles Easy</b> <b>A-5 miles Easy w/ 5 min. tempo</b> <b>R-6 miles w/ 7 min. tempo</b>	<b>B-30 min. crosstraining</b> <b>I-40 min. crosstraining</b> <b>A-50 min. crosstraining</b> <b>R-60 min. crosstraining</b>	<b>SPEEDWORK/WILDCARD RUN OR....</b>  <b>B-3 miles Easy</b> <b>I-4 miles Easy</b> <b>A-5 miles Easy w/ 5 min. tempo</b> <b>R-6 miles w/ 7 min. tempo</b>	<b>ALL LEVELS-REST</b>	<b><u>LONG RUN</u></b>  <b>B-14 miles Easy</b> <b>I-15 miles Easy</b> <b>A-16 miles Easy w/7 min. tempo</b> <b>R-17 miles w/9 miles @ target marathon pace</b>	<b>B, I-Rest</b>  <b>A, R-REST OR 3 MILES EASY</b>

5-25-20	<b>B-30 min.</b> crosstraining <b>I-40 min.</b> crosstraining <b>A-50 min.</b> crosstraining <b>R-60 min.</b> crosstraining	<b>B-3 miles Easy</b> I-4 miles Easy w/ 3 min. tempo <b>A-5 miles Easy</b> miles w/ 8 min. fartlek <b>R-6 miles Easy w/ 10 min. fartlek</b>	<b>B-30 min.</b> crosstraining <b>I-40 min.</b> crosstraining <b>A-50 min.</b> crosstraining <b>R-60 min.</b> crosstraining	<b>SPEEDWORK/WILDCARD RUN OR....</b>  <b>B-3 miles Easy</b> I-4 miles Easy w/ 3 min. tempo <b>A-5 miles Easy</b> miles w/ 8 min. fartlek <b>R-6 miles Easy w/ 10 min. fartlek</b>	<b>ALL LEVELS-REST</b>	<b>RECOVERY RUN</b>  <b>B-7 miles Easy</b> I-8 miles Easy <b>A-9 miles Easy</b> <b>R-10 miles Easy</b>	B, I-Rest  A, R-REST OR 4 MILES EASY
6-01-20	<b>B-35 min.</b> crosstraining <b>I-45 min.</b> crosstraining <b>A-55 min.</b> crosstraining <b>R-65 min.</b> crosstraining	<b>B-4 miles Easy</b> I-5 miles Easy w/ 3 min. tempo <b>A-6 miles Easy</b> w/10 min. fartlek <b>R-7 miles Easy w/ 12 min. fartlek</b>	<b>B-35 min.</b> crosstraining <b>I-45 min.</b> crosstraining <b>A-55 min.</b> crosstraining <b>R-65 min.</b> crosstraining	<b>SPEEDWORK/WILDCARD RUN OR....</b>  <b>B-4 miles Easy</b> I-5 miles Easy w/ 3 min. tempo <b>A-6 miles Easy w/ 9 min. tempo</b> <b>R-7 miles Easy w/ 4 miles @ target marathon pace</b>	<b>ALL LEVELS-REST</b>	<b>LONG RUN</b>  <b>B-15 miles Easy</b> I-16 miles Easy <b>A-17 miles Easy w/7 min. tempo</b> <b>R-18 miles w/9 miles @ target marathon pace</b>	B, I-Rest  A, R-REST OR 4 MILES EASY
06-08-20	<b>B-35 min.</b> crosstraining <b>I-45 min.</b> crosstraining <b>A-55 min.</b> crosstraining <b>R-65 min.</b> crosstraining	<b>B-5 miles Easy</b> I-6 miles Easy w/ 5 min. tempo <b>A-7 miles Easy</b> w/14 min. fartlek <b>R-8 miles Easy w/ 16 min. fartlek</b>	<b>B-35 min.</b> crosstraining <b>I-45 min.</b> crosstraining <b>A-55 min.</b> crosstraining <b>R-65 min.</b> crosstraining	<b>SPEEDWORK/WILDCARD RUN OR....</b>  <b>B-5 miles Easy</b> I-6 miles Easy w/ 5 min. tempo <b>A-7 miles Easy w/ 11 min. tempo</b> <b>R-8 miles Easy w/ 4 miles @ target marathon pace</b>	<b>ALL LEVELS-REST</b>	<b>LONG RUN</b>  <b>B-16 miles Easy</b> I-17 miles Easy <b>A-18 miles Easy w/7 min. tempo</b> <b>R-19 miles w/9 miles @ target marathon pace</b>	B, I-Rest  A, R-REST OR 4 MILES EASY
06-15-20	<b>B-40 min.</b> crosstraining <b>I-50 min.</b> crosstraining <b>A-60 min.</b> crosstraining <b>R-70 min.</b> crosstraining	<b>B-5 miles Easy</b> I-6 miles Easy w/ 5 min. tempo <b>A-7 miles Easy</b> w/14 min. fartlek <b>R-8 miles Easy w/ 16 min. fartlek</b>	<b>B-40 min.</b> crosstraining <b>I-50 min.</b> crosstraining <b>A-60 min.</b> crosstraining <b>R-70 min.</b> crosstraining	<b>SPEEDWORK/WILDCARD RUN OR....</b>  <b>B-5 miles Easy</b> I-6 miles Easy w/ 5 min. tempo <b>A-7 miles Easy w/ 11 min. tempo</b> <b>R-8 miles Easy w/ 4 miles @ target marathon pace</b>	<b>ALL LEVELS-REST</b>	<b>RECOVERY RUN</b>  <b>B-8 miles Easy</b> I-9 miles Easy <b>A-10 miles Easy</b> <b>R-11 miles Easy</b>	B, I-Rest  A, R-REST OR 5 MILES EASY

06-22-20	<p><b>B-40 min.</b> crosstraining  <b>I-50 min.</b> crosstraining  <b>A-60 min.</b> crosstraining  <b>R-70 min.</b> crosstraining</p>	<p><b>B-5 miles Easy</b>  I-6 miles Easy w/ 7 min. tempo  <b>A-7 miles Easy</b> w/18 min. fartlek  <b>R-8 miles Easy</b> w/ 20 min. fartlek</p>	<p><b>B-40 min.</b> crosstraining  <b>I-50 min.</b> crosstraining  <b>A-60 min.</b> crosstraining  <b>R-70 min.</b> crosstraining</p>	<p><b>SPEEDWORK/WILDCARD RUN OR....</b></p> <p><b>B-5 miles Easy</b>  I-6 miles Easy w/ 7 min. tempo  <b>A-7 miles Easy</b> w/ 15 min. tempo  <b>R-8 miles Easy</b> w/ 4 miles @ target marathon pace</p>	<p><b>ALL LEVELS-REST</b></p>	<p><b>LONG RUN</b></p> <p><b>B-17 miles Easy</b>  I-18 miles Easy  <b>A-19 miles Easy</b> w/7 min. tempo  <b>R-20 miles</b> w/10 miles @ target marathon pace</p>	<p>B, I-Rest</p> <p>A, R-REST OR 5 MILES EASY</p>
06-29-20	<p><b>B-50 min.</b> crosstraining  <b>I-60 min.</b> crosstraining  <b>A-70 min.</b> crosstraining  <b>R-80 min.</b> crosstraining</p>	<p><b>B-6 miles Easy</b>  I-7 miles Easy w/ 7 min. tempo  <b>A-8 miles Easy</b> w/18 min. fartlek  <b>R-9 miles Easy</b> w/ 20 min. fartlek</p>	<p><b>B-50 min.</b> crosstraining  <b>I-60 min.</b> crosstraining  <b>A-70 min.</b> crosstraining  <b>R-80 min.</b> crosstraining</p>	<p><b>SPEEDWORK/WILDCARD RUN OR....</b></p> <p><b>B-6 miles Easy</b>  I-7 miles Easy w/ 7 min. tempo  <b>A-8 miles Easy</b> w/ 15 min. tempo  <b>R-9 miles Easy</b> w/ 4 miles @ target marathon pace</p>	<p><b>ALL LEVELS-REST</b></p>	<p><b>LONG RUN</b></p> <p><b>B-18 miles Easy</b>  I-19 miles Easy  <b>A-20 miles Easy</b> w/7 min. tempo  <b>R-21 miles</b> w/11 miles @ target marathon pace</p>	<p>B, I-Rest</p> <p>A, R-REST OR 5 MILES EASY</p>
07-6-20	<p><b>B-40 min.</b> crosstraining  <b>I-50 min.</b> crosstraining  <b>A-60 min.</b> crosstraining  <b>R-70 min.</b> crosstraining</p>	<p><b>B-4 miles Easy</b>  I-5 miles Easy w/ 3 min. tempo  <b>A-6 miles Easy</b> w/10 min. fartlek  <b>R-7 miles Easy</b> w/ 12 min. fartlek</p>	<p><b>B-40 min.</b> crosstraining  <b>I-50 min.</b> crosstraining  <b>A-60 min.</b> crosstraining  <b>R-70 min.</b> crosstraining</p>	<p><b>SPEEDWORK/WILDCARD RUN OR....</b></p> <p><b>B-4 miles Easy</b>  I-5 miles Easy w/ 3 min. tempo  <b>A-6 miles Easy</b> w/ 9 min. tempo  <b>R-7 miles Easy</b> w/ 4 miles @ target half marathon pace</p>	<p><b>ALL LEVELS-REST</b></p>	<p><b>RECOVERY RUN</b></p> <p><b>B-9 miles Easy</b>  I-10 miles Easy  <b>A-11 miles Easy</b>  <b>R-12 miles Easy</b></p>	<p>B, I-Rest</p> <p>A, R-REST OR 5 MILES EASY</p>

07-13-20	B-35 min. crosstraining I-45 min. crosstraining A-55 min. crosstraining R-65 min. crosstraining	B-3 miles Easy I-4 miles Easy w/ 3 min. tempo A-5 miles Easy w/ 7 min. tempo R-6 miles Easy w/ 9 min. tempo	B-35 min. crosstraining I-45 min. crosstraining A-55 min. crosstraining R-65 min. crosstraining	<b>SPEEDWORK/WILDCARD RUN OR....</b>  B-3 miles Easy I-4 miles Easy w/ 3 min. tempo A-5 miles Easy w/ 7 min. tempo R-6 miles Easy w/ 9 min. tempo	<b>ALL LEVELS-REST</b>	<b>RECOVERY RUN</b>  B-4 miles Easy I-5 miles Easy A-6 miles Easy R-7 miles	B, I-Rest  A, R-REST OR 4 MILES EASY
07-20-20	B-30 min. crosstraining I-40 min. crosstraining A-50 min. crosstraining R-60 min. crosstraining	B-2 miles Easy I-3 miles Easy A-4 miles Easy w/ 6 min. fartlek R-5 miles w/ 8 min. fartlek	B-30 min. crosstraining I-40 min. crosstraining A-50 min. crosstraining R-60 min. crosstraining	<b>SPEEDWORK/WILDCARD RUN OR....</b>  B-2 miles Easy I-3 miles Easy A-4 miles Easy R- 5 miles w/ 5 min. tempo	<b>ALL LEVELS-30 min. crosstraining</b>	<b>ALL LEVELS-REST</b>	<b>LEFT MY HEART IN SF FULL!</b>

**Training Schedule and Coaching Services Provided By:**



**Training Definitions**

**B, I, A, R**

**B,I,A,R** signify **Beginner, Intermediate, Advanced, or RACE** training level. The training level you select dictates the duration/intensity of your runs. If your goal is merely to 'finish' a half marathon and you are fairly new to the sport, **Beginner** is the level you should train at. If you have significant running experience and/or have run a half marathon before, **Intermediate** may be the appropriate level for you to train at. If you have significant running experience, **Advanced** may be the appropriate level for you to train at. If you are already in shape to complete a half marathon and are interested in running a personal best, **RACE** level may be the most appropriate for you.

**Easy**

Easy workouts should be moderately paced. You should run and/or walk at a pace that allows you to hold a conversation but not sing. The number is the number of miles or minutes that you need to run and/or walk.

**Rest**

Rest is an important part of the training program. You should have at least two days a week of full rest (or light activity).

**Long**

A long workout is scheduled once each week (Saturdays). Run and/or walk at a pace that is slightly slower than you hope to complete the half marathon. Just cover the distance. Don't worry about the time. Like the easy runs, stay conversational. The number is the number of miles or minutes that you need to run and/or walk.

**Tempo**

Tempo duration (typically 3-10 minutes) should be run at a faster pace. This pace should NOT be a sprint, nor should it be comfortable, conversational pace. It should be 'comfortably challenging'. A pace you 'might' be able to maintain for a 10K, but not much further than this.

- Fartlek**                   Fartlek is a pace slightly faster than 'tempo'. The pace should be closer to your 5K race pace. Typical fartlek workouts are indicated as '10 minutes fartlek'. What this actually means is you run 1 minute hard/1 minute easy for a TOTAL of '10 minutes'. This is a bit different from tempo where you maintain pace CONSISTENTLY for the entire duration.
- Target Marathon pace** This term is applicable ONLY TO RACE LEVEL RUNNERS. The idea is that you should have in mind what kind of average pace per mile you want to run for the half marathon (8:00/mile, 9:00/mile, etc.) When the schedule indicates 'X' number of miles at target half marathon pace, you want to aim to run CONTINUOUSLY the number of miles indicated at your 'target half marathon pace'. The remainder of the miles should be EASY.
- Crosstraining**           Cross training days are a day of exercise other than walking or running. Examples are: cycling, yoga, Pilates, weights, swimming. This day should not be over done, but simply treated as supplemental training. The idea is to maintain your current level of fitness while allowing recovery from your previous run workout. Ideally, stick to activities that are AEROBIC in nature. (eg-weightlifting does not count!)