

## 2013 Intermediate Fall Marathon Schedule

Pace		Training	Speed/T		Race		Long	Training
Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-Jun	Base	4	3	XT	4	OFF	8	XT
17-Jun	Base	5	3	XT	5	OFF	9	XT
24-Jun	Base	5	3	XT	5	OFF	9	XT
1-Jul	Base	6	3	XT	5	OFF	10	XT
8-Jul	Base	6	3	XT	5	OFF	10	XT
15-Jul	Base	6	3	XT	5	OFF	11	XT
22-Jul	Build	6	4 X 1	XT	6	OFF	12	XT
29-Jul	Easy	4	4	XT	4	OFF	13	XT
5-Aug	Build 1	7	4 X 1	XT	6	OFF	14	XT
12-Aug	Build 2	7	5 X 1	XT	7	OFF	15	XT
19-Aug	Easy	5	4	XT	5	OFF	16	XT
26-Aug	Build 1	8	5 X 1	XT	7	OFF	18	XT
2-Sep	Build 2	8	6 X 1	XT	8	OFF	20	XT
9-Sep	Easy	6	4	XT	6	OFF	13	XT
16-Sep	Build	8	6 X 1	XT	8	OFF	21	XT
23-Sep	Easy	7	4	XT	6	OFF	15	XT
30-Sep	Build	8	7 X 1	XT	8	OFF	23	XT
7-Oct	Taper 1	6	3	XT	3	OFF	12	XT
14-Oct	Taper 2	5	4	XT	3	OFF	8	XT
21-Oct	Taper 3	3	3	XT	3	OFF	2	Race

The dates listed on the schedule are Monday of each week.

See the page below for further explanation of the schedule.

Don't forget to recognize and acknowledge our sponsors that have made this program possible.

**KORT**

**Ken Combs Running Store**

**The Cheddar Box**

**Sun Tan City**

**Elite Massage Therapy**

***This page is designed as a quick reference guide for your training schedule.***

### **Training pace workouts:**

Start with a slow to moderate pace for 5-10 minutes warming up. Continue the remaining portion of the run with an intensity of 70-80% of max. heart rate. Training pace is slightly faster than “Long run” pace and should be very comfortable. Follow this with a five-minute cool-down.

### **Race pace workouts:**

Start with a slow to moderate pace for 5-10 minutes warming up. Continue the remaining portion of the run with an intensity of 80-90% of max. heart rate. You should feel just slightly out of breath, but not hyper-ventilating. Race pace should be slightly faster than “Training” pace. Follow this with a five-minute cool-down.

### **Speed pace workouts (Intermediate & Advanced Levels only):**

Start out with a 5-10 minute warm-up followed by 800 meter repeats. The repeats should be very high intensity, with a heart rate intensity of 90-100% of maximum. These repeats are not fun but are an important part of training that can help you become a faster runner. Remember to recover with a slow jog for approximately two minutes after every repeat. Follow this with a five-minute cool-down. On days listed with mileage only, utilize your TRAINING pace, not the SPEED pace.

### **Long run pace workouts:**

Long runs are designed only with endurance in mind. When in doubt, always steer on the slower side. Try to resist the urge to run faster. Running too fast on the weekends will cause your stamina for training during the week to deteriorate. This lack of energy/stamina will increase the chances of injury. Heart rate levels are very low (60-75%) during these workouts. When the mileage drops down on an “Easy” week feel free to pick up the pace 30-45 seconds per mile. I repeat, only use this faster pace on the “Easy” weeks. Everything else remains the same, walk breaks, run/walk ratio, etc.

### **XT workouts:**

These workouts are designed to give your joints a break from the pounding involved with running. Stimulating change in the body by engaging in several different types of training (cross training) makes for a stronger, less injury prone athlete. Here are a few examples of cross training: swimming, strength training, biking, elliptical trainer (EFX), low-impact aerobics, rowing, yoga. Cross training workouts should be forty-five minutes to an hour in length.

***ALWAYS REMEMBER TO STRETCH AFTER EVERY TRAINING SESSION***

For more detailed information regarding any of the above training zones, please do not hesitate to contact one of your friendly Training Studio representatives.

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