

## Twentysixers' Training Schedule for May 3rd Weekend Marathons (Full and Half) (OC, Palos Verde and Wild West (Lone Pine) & Avenue of the Giants (Eureka))

Week #	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Date	Workout	Date	Workout	Date	Workout	Date	Workout	Date	Workout	Date	Workout	Date	Workout
1	3/1/2009	10 miles	3/2/2009	XT	3/3/2009	Run 3 to 5 miles	3/4/2009	XT	3/5/2009	Run 3 to 5 miles	3/6/2009	Run 3 to 5 miles	3/7/2009	Rest Day
2	3/8/2009	12 miles	3/9/2009	XT	3/10/2009	Run 3 to 5 miles	3/11/2009	XT	3/12/2009	Run 3 to 5 miles	3/13/2009	Run 3 to 5 miles	3/14/2009	Rest Day
3	3/15/2009	14 miles	3/16/2009	XT	3/17/2009	Run 3 to 5 miles	3/18/2009	XT	3/19/2009	Run 3 to 5 miles	3/20/2009	Run 3 to 5 miles	3/21/2009	Rest Day
4	3/22/2009	14 miles + 6Y800	3/23/2009	XT	3/24/2009	Run 3 to 5 miles	3/25/2009	XT	3/26/2009	Run 3 to 5 miles	3/27/2009	Run 3 to 5 miles	3/28/2009	Rest Day
5	3/29/2009	12 miles	3/30/2009	XT	3/31/2009	Run 4 to 6 miles	4/1/2009	XT	4/2/2009	Run 4 to 6 miles	4/3/2009	Run 4 to 6 miles	4/4/2009	Rest Day
6	4/5/2009	16 miles	4/6/2009	XT	4/7/2009	Run 4 to 6 miles	4/8/2009	XT	4/9/2009	Run 4 to 6 miles	4/10/2009	Run 4 to 6 miles	4/11/2009	Rest Day
7	4/12/2009	16 miles + 6Y800	4/13/2009	XT	4/14/2009	Run 4 to 6 miles	4/15/2009	XT	4/16/2009	Run 4 to 6 miles	4/17/2009	Run 4 to 6 miles	4/18/2009	Rest Day
8	4/19/2009	12 miles	4/20/2009	XT	4/21/2009	Run 4 to 6 miles	4/22/2009	XT	4/23/2009	Run 4 to 6 miles	4/24/2009	Run 4 to 6 miles	4/25/2009	Rest Day
9	4/26/2009	8 miles	4/27/2009	XT	4/28/2009	Run 3 to 5 miles	4/29/2009	XT	4/30/2009	Run 3 to 5 miles	5/1/2009	Run 3 to 5 miles	5/2/2009	Marathon!
10	5/3/2009	Marathon!	5/4/2009	30 minute walk	5/5/2009	Walk/Run	5/6/2009	XT	5/7/2009	Walk/Run	5/8/2009	Walk/Run	5/9/2009	Rest Day
11	5/10/2009	6 to 8 miles easy	5/11/2009	XT	5/12/2009	Run 3 miles	5/13/2009	XT	5/14/2009	Run 3 miles	5/15/2009	Run 3 miles	5/16/2009	Run 1 to 3 miles
12	5/17/2009	Bay to Breakers!	5/18/2009	XT	5/19/2009	Run 3 miles	5/20/2009	XT	5/21/2009	Run 3 miles	5/22/2009	Run 3 miles	5/23/2009	Rest Day

Santa Anita 5K Race (April 4th)

Palos Verde & Wild West (May 2nd)

Ave of the Giants and OC (May 3rd)

**Legend:**

Y800= Yasso 800 Meter runs

**Half Marathoners** do the same in-week workouts but lean towards the lower mileage amounts. On the Sunday runs up to 14 miles do the same mileage as the marathoners. Anything over, just substitute a 12 to 14 mile run instead. For example, if you wanted to do the Yasso 800 workout for March 22nd, drop the 14 miles down to 10 miles and then do the 6 800's which would total 13 miles for the workout.

XT = Swimming, Cycling, Rowing, X-Country Skiing and Weight Training are examples of Cross Training Modalities

Friday's Run is optional, but recommended to improve faster each week of training

Key runs are the Sunday Long Runs and at least one other run during the week to maintain fitness; three runs per week as a minimum to show improvement and four runs a week to really improve while still providing sufficient recovery time each week.

Pacing is important for each run. Typically the longer runs on Sundays are done around 1 to 2 minutes slower than your race pace while the shorter runs during the week are typically done at race pace, slightly below race pace and occasionally faster than race pace. We will be discussing pacing throughout the season so no need to worry too much about your pace.