

Carlsbad 2012

Week 1 - 1/9-1/15			
Monday	Short-Medium	60 Minutes	6 - 8
Tuesday	5K Effort Reps	5-10 x 1 minute (2 min jog), Wuss N Wheeze loop	7
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Technique Drills	Run to/from University Park, Drills at Park	6
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	70 Minutes	7 - 9
Sunday	Long/Hills	90 Minutes	9 - 12
			<u>49 - 60</u>
Week 2 - 1/16-1/22			
Monday	Short-Medium	45 Minutes	5 - 6
Tuesday	5K Effort Reps	5 x 2 minute (3 min jog), Wuss N Wheeze loop	7
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Long Hill Reps	Run to Wenatchee or Morning, 8 x 30 sec repetitions	7
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	70 Minutes	7 - 9
Sunday	Long	90 Minutes	9 - 12
			<u>49 - 59</u>
Week 3 - 1/23-1/29			
Monday	Short-Medium	60 Minutes	6 - 8
Tuesday	5K Effort Reps	5 x 3 minute (3 min jog), Wuss N Wheeze loop	7
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Short Hill Sprints	Run to/from University Park, 8 - 10 short hill sprints	6
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	70 Minutes	7 - 9
Sunday	Long/Hills	90 Minutes	9 - 12
			<u>49 - 60</u>
Week 4 - 1/30-2/5			
Monday	Short-Medium	45 Minutes	5 - 6
Tuesday	Intervals	16 - 20 x 400m (100m jog) 5K effort	9
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Long Hill Reps	Run to Wenatchee or Morning, 6 x 60 sec repetitions	7
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	75 Minutes	8 - 10
Sunday	Long	95 Minutes	10 - 13
			<u>53 - 63</u>
Week 5 - 2/6-2/12			
Monday	Short-Medium	60 Minutes	6 - 8
Tuesday	5K Effort Reps	4 x 4 minute (3 min jog), Wuss N Wheeze loop	7
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Technique Drills	Run to/from University Park, 8 - 10 short hill sprints	6
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	70 Minutes	7 - 9
Sunday	Long/Hills	100 Minutes	11 - 13
			<u>51 - 61</u>
Week 6 - 2/13-2/19			
Monday	Short-Medium	45 Minutes	5 - 6
Tuesday	5K Effort Reps	5 x 4 minute (3 min jog), Wuss N Wheeze loop	7
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Long Hill Reps	Run to Wenatchee or Morning, 8 x 60 sec repetitions	8
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	75 Minutes	8 - 10
Sunday	Long	105 Minutes	11 - 14
			<u>53 - 63</u>

Mileage for short/med/long aerobic endurance runs approximated using range of paces from 7.5 - 9.5 min/mi. Emphasis is time running not distance

HOLIDAY

[Options] BTC 5K & Half Marathon

Swap half for Sun. Long do as Progression run

[Options] PEAK 5K/10K at CSUB

Pam's Birthday 2/14

REMEMBER POST RUN RECOVERY BE MINDFUL OF EARLY SIGN OF INJURY LISTEN TO YOUR BODY!

Carlsbad 2012

Week 7 - 2/20-2/26			
Monday	Short-Medium	60 Minutes	6 - 8
Tuesday	Intervals	6 - 8 x 1000m (400m jog)	10
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Tempo Segment	2 x 10 minutes, 2 min jog on Wuss N Wheeze loop	7
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	70 Minutes	7 - 9
Sunday	Long/Hills	100 Minutes	11 - 13
			55 - 65
Week 8 - 2/27-3/4			
Monday	Short-Medium	45 Minutes	5 - 6
Tuesday	5K Effort Reps	4 x 5 minute (3 min jog), Wuss N Wheeze loop	7
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Long Hill Reps	Run to Wenatchee or Morning, 4 x 90 sec repetitions	7
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	75 Minutes	8 - 10
Sunday	Long - Progression	95 Minutes	10 - 13
			51 - 61
Week 9 - 3/5-3/11			
Monday	Short-Medium	60 Minutes	6 - 8
Tuesday	5K Effort Reps	5 x 5 minute (3 min jog), Wuss N Wheeze loop	7
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Technique Drills	Run to/from University Park, 8 - 10 short hill sprints	6
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	70 Minutes	7 - 9
Sunday	Long/Hills	95 Minutes	10 - 13
			50 - 61
Week 10 - 3/12-3/18			
Monday	Short-Medium	45 Minutes	5 - 6
Tuesday	Intervals	6 - 8 x 1000m (400m jog)	10
Wednesday	Medium	70 Minutes	7 - 9
Thursday	Tempo	2 x 15 minutes, 3 min jog on Wuss N Wheeze loop	7
Friday	Medium	70 Minutes	7 - 9
Saturday	Medium	75 Minutes	8 - 10
Sunday	Long - Progression	90 Minutes	9 - 12
			53 - 63
Week 11 - 3/19-3/25			
Monday	Short - Medium	45 Minutes	5 - 6
Tuesday	Tempo	15/10/5 minute (3/ min jog), Wuss N Wheeze loop	7
Wednesday	Medium	60 Minutes	6 - 8
Thursday	Intervals	16 x 200 (3K effort), 200 jog	8
Friday	Medium	60 Minutes	6 - 8
Saturday	Medium	60 Minutes	6 - 8
Sunday	Long	80 Minutes	8 - 11
			46 - 56
Week 12 - 3/26-4/1 --- TAPER/RACE WEEK			
Monday	Short - Medium	30 Minutes	3 - 4
Tuesday	Intervals	20 x 400 (5K effort), 100 jog	10
Wednesday	Medium	50 Minutes	5 - 7
Thursday	Fartlek	Park or Trail Fartlek at >3K effort	7
Friday	Short - Medium	30 Minutes	3 - 4
Saturday	Short	20 min run or OFF	2 - 3
Sunday	Race	** Carlsbad 5000 **	6
			36 - 41

HOLIDAY

[Options] Brea 8K

[Options] Sanger Trail Blossom 10K
[Options] or Newport 5K (Sun)

[Options] Brian Sturgeon 5 mile, Fresno

>>> [GOAL RACE] <<<

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Notes

1. For 2 or 3 of the Saturday run during the last 6 weeks of the program, if a race is not chosen the Saturday run can be run as a Progression Run
2. Unless otherwise noted, intervals are run at 5K effort
3. Refer back to Pete Magills article for guidance on these workouts

Post Program Race Options (aside from local races)

3/24/2012 End of the Trail Half-Marathon - Visalia (20 Pt)	5/5/2012 Mother's Day Run, Madera, 5 mile, (30 Pt)
4/14/2012 Rio Bravo 5K & 10 miler	6/3/2012 Cross the River Run, 10K, Woodward Park (20 pt)
4/22/2012 Armenian Run for Relief (Fresno)	6/9/2012 Miracle Mile, Valley Children's Hospital (20 Pt)
4/28/2012 Shinzen 5 mi - Fresno (30 Pt)	6/17/2012 Fresno Father's Day 6 Mile (30 Pt)
	Jul-11 Morro Rock to Pier