

Carlsbad 2010 - FINAL

Week 1 - 1/18-1/24				
Monday	Intervals	3 x 1200s at CSUB, 3 minutes between - PI	5	HOLIDAY Option to do Celebrations
Tuesday	Long/Hard	11.2 Country Club	11.2	
Wednesday	Easy/Medium	3-5 Mi After Yoga	5	
Thursday	Segments	6-6-4-4-3-3-2 minutes	8	28 Min total hard
Friday	Easy/Medium	5-8 Mi	8	
Saturday	Hill Repeats	Bluff Park, 3 Reps (Long 600, Jog down Short 400, Jog dwn)	7	
Sunday	Long Run	10 Mi	10	
			54.2	
Week 2 - 1/25-1/31				
Monday	Intervals	8 x 400, 1 minute rest - PI [GRASS]	6	[GRASS] - run at University Park, meet at Starbucks
Tuesday	Long/Hard	11.2 Country Club	11.2	
Wednesday	Easy/Medium	3-5 Mi After Yoga	5	
Thursday	Segments	2-2-3-4-4-5-5-6-6-3-3-2-2 minutes	10	47 Min total hard
Friday	Easy/Medium	5-8 Mi	8	
Saturday	Fartlek	4-8 Reps of Celebrations on CSUB Soccer field loop	7	
Sunday	Long Run	11 Mi	11	
			58.2	
Week 3 - 2/1-2/7				
Monday	Intervals	12-16 x 400, 1 minute recovery - PI [GRASS]	8	[GRASS] - see above
Tuesday	Long/Hard	11.2 Country Club	11.2	
Wednesday	Easy/Medium	3-5 Mi After Yoga	5	
Thursday	Segments	2-2-3-4-5-5-6-6-3-3-2 minutes	10	41 Min total hard
Friday	Easy/Medium	5-8 Mi	8	
Saturday	Hill Repeats	Bluff Park, 3 Reps (Long 600, Jog down Short 400, Jog dwn)	7	
Sunday	Long Run	12 Mi	12	Superbowl
			61.2	
Week 4 - 2/8-2/14 --- RECOVERY WEEK				
Monday	Easy Run	5 Mi	5	
Tuesday	Segments	6-6-4-4-3-3-2 minutes	8	28 Min hard
Wednesday	Easy/Medium	3-5 Mi After Yoga	5	
Thursday	Easy/Long Run	11 Mi	11	
Friday	Easy/Medium	5-8 Mi	6	
Saturday	Tempo	5K CSUB PEAK Run	7	
Sunday	Long Run	10 Mi on Tri-Course or Mr Toads Course (Pam's choice)	10	Pam's Birthday 2/14
			52	

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Week 5 - 2/15-2/21				
Monday	Easy/Medium	Canal Loop from College Park	7	HOLIDAY
Tuesday	Medium	6 - 8 Miles Easy	7	
Wednesday	Medium	5-6 Miles - Fairfax Hills, meet at Royal Coach Circle after Yoga	6	
Thursday	Segments	6-6-4-4-3-3-2 minutes	8	28 Min hard
Friday	Easy/Medium	3-5 Mi	4	
Saturday	Race as 2 Mi Inte	1/2 marathon	15	[Options] Run as 6 x 2 Mi w 0.25 jog = 13.25
Sunday	Easy/Med Run	8 Mi	8	for Race
			55	
Week 6 - 2/22-2/28				
Monday	Easy Run	7 Mi	7	HOLIDAY
Tuesday	Segments	2-2-3-4-5-5-6-6-3-3-2 minutes	10	41 Min total hard
Wednesday	Medium	5-6 Miles - Fairfax Hills, meet at Royal Coach Circle after Yoga	6	Holiday might be good for the Oregon Drills
Thursday	Easy/Long Run	11 Mi	11	
Friday	Easy Run	7 Mi	7	
Saturday	Easy Run	5-8 Mi , strides on grass	5	Lee Adams Track Meet CSUB - Sat - Help
Sunday	Race	8K	7	[Option] 4-8 x 1000 @ SI
			53	for Race or Run race as 800 - Hard, 200 Jog
Week 7 - 3/1-3/7				
Monday	Hill Repeats	Bluff Park, 3 Reps (Long 600, Jog down Short 400, Jog dwn)	7	
Tuesday	Long/Hard	Dump Run	10	
Wednesday	Easy/Medium	3-5 Mi After Yoga	5	
Thursday	Intervals	2 x 1mi PI, 1 x 1200 PI, 1x800 SI, 1x400 SI	8	BC Track or Highland Perimeter Loop
Friday	Easy/Medium	5-8 Mi , strides on grass	5	
Saturday	Race	10K	8	Alt to Race -> 1200s or 2000s at Hart Park
Sunday	Long Run	12 Mi	12	
			55	
Week 8 - 3/8-3/14 --- RECOVERY WEEK				
Monday	Easy Run	5 Mi	5	
Tuesday	Tempo Run	45 minutes (Wuss n Wheeze w/ Tempo)	7	
Wednesday	Medium	5-6 Miles - Fairfax Hills, meet at Royal Coach Circle (RELAXED)	6	
Thursday	Intervals	10-15 x 200s, 1 min jog	8	
Friday	Easy	3-5 Mi , strides on grass	3	Skip Race Options
Saturday	Race as Tempo	4 Mi	6	[Option] 4 x 1 mile PI, 3 minutes rest [See Option 2]
Sunday	Easy/Long Run	8 Mi	8	[Opt 2] On track at BC w/ Negative 800 splits
			43	>>> Train thru - See at Right <<<

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Week 9 - 3/15-3/21				
Monday	Easy Run	5 - 8 Mi		6
Tuesday	Intervals	8-10 x 600, 200 jog @ SI pace (extra wmpup, cldwn)		11
Wednesday	Easy/Medium	3-5 Mi After Yoga		5
Thursday	Long/Hard	Dump Run		10
Friday	Easy/Medium	5-8 Mi , strides on grass, shift to Sat if race Sun		8
Saturday	Race as Tempo	10K or half Ronald McDonald House 5K, 10K, 1/2 mar		8
Sunday	Long Run	12 Mi >>> Train thru Race <<<	12	Alt Race -> Newport Spirit Run 5K (Sun)
				60
Week 10 - 3/22-3/28				
Monday	Medium	6-8 Easy		8
Tuesday	Intervals	2 x 1200 SI, 1x800 SI, 1x400 SI, 1x200 SI, 6x100 S	11	BC Track <-- Consider Options from Speedwork Library
Wednesday	Easy/Medium	3-5 Mi After Yoga		5
Thursday	Long/Hard	Dump Run		10
Friday	Easy/Medium	5-8 Mi		8
Saturday	Long Intervals	4-6 x 1200 at CSUB loop, 4 min rest between	8	CSUB Loop Option: CSUB Celebrations
Sunday	Long Run	12 Mi	12	
				62
Week 11 - 3/29-4/4 (Easter Break)				
Monday	Medium	6-8 Easy		6
Tuesday	Intervals	4 sets of 5 x 200m SI+, 60sec between first set, then 45, 30, 15	5	BC Track
Wednesday	Easy/Medium	3-5 Mi After Yoga		5
Thursday	Easy Run	5 Mi (Oregon Drills on infield)		5
Friday	Easy/Medium	5-8 Mi		8
Saturday	Intervals	See at Right	6	BC Track OPTIONAL 3x300m SI, 100jog, 400m 6 sec under 5K pace
Sunday	Medium/Long	10 Mi	10	400 jog, repeat 3 times (Lactate threshold - 7Killer) or do Bluff Hill Repeats
				45
Week 12 - 4/5-4/11 - - - TAPER/RACE WEEK				
Monday	Medium	6-8 Easy		6
Tuesday	Intervals	1 x 1200 SI, 1x800 SI, 2x400 SI, 4x100 S [See OPTION]	5	BC Track Open for other ideas such as short segment
Wednesday	Medium	5-6 Miles - Fairfax Hills, meet at Royal Coach Circle (RELAXED)		6
Thursday	Intervals	2 sets of 5 x 200 meters, SI+ 45 sec. between 1st set, then 15	3	BC Track
Friday	Rest	Easy jog or day off		2
Saturday	Pre-race	6 x 200 meters		3
Sunday	Race	5K ** Carlsbad 5000 **	5	Kern River Trail Run 5k/10k/10mi (Sat)
				30

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Post Program Races

4/17/2010 Rio Bravo 5K & 10 miler	5/8/2010 Mother's Day Run, Madera, 5 mile, (30 Pt)	6/20/2010 Fresno Father's Day 6 Mile (30 Pt)
4/25/2010 Shinzen 5 mi - Fresno (30 Pt)	6/6/2010 Cross the River Run, 10K, Woodward Park (20 pt)	
5/1/2010 End of the Trail Half-Marathon - Visalia (20 Pt)	6/12/2010 Miracle Mile, Valley Children's Hospital (20 Pt)	

Rev 1/20/2010

Meeting times will vary each day depending on workout. Bruce will continue to send out the weekly schedule, typically on the 11 mile Country Club Tuesday or Thursday, mtg time is 5AM at the Donut Shop, otherwise look for schedule

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GOAL PACES

Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI
0:17:00	0:05:28	0:04:56	0:17:30	0:05:38	0:05:06	0:18:00	0:05:48	0:05:16	0:18:30	0:05:57	0:05:25
0:35:00	0:05:38	0:05:06	0:36:00	0:05:48	0:05:16	0:37:00	0:05:57	0:05:25	0:38:00	0:06:07	0:05:35
Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace
200	0:00:41	0:00:37	200	0:00:42	0:00:38	200	0:00:43	0:00:39	200	0:00:44	0:00:40
300	0:01:01	0:00:55	300	0:01:03	0:00:57	300	0:01:05	0:00:59	300	0:01:07	0:01:01
400	0:01:22	0:01:14	400	0:01:24	0:01:16	400	0:01:26	0:01:18	400	0:01:29	0:01:21
600	0:02:02	0:01:51	600	0:02:06	0:01:54	600	0:02:10	0:01:58	600	0:02:13	0:02:01
800	0:02:43	0:02:27	800	0:02:48	0:02:32	800	0:02:53	0:02:37	800	0:02:58	0:02:42
1000	0:03:24	0:03:04	1000	0:03:30	0:03:10	1000	0:03:36	0:03:16	1000	0:03:42	0:03:22
1200	0:04:12	0:03:48	1200	0:04:19	0:03:55	1200	0:04:26	0:04:03	1200	0:04:34	0:04:10
1609.344	0:05:38	0:05:06	1609.344	0:05:48	0:05:16	1609.344	0:05:57	0:05:25	1609.344	0:06:07	0:05:35
2000	0:07:00	0:06:20	2000	0:07:12	0:06:32	2000	0:07:24	0:06:44	2000	0:07:36	0:06:56

Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI
0:19:00	0:06:07	0:05:35	0:19:30	0:06:17	0:05:45	0:20:00	0:06:26	0:05:54	0:20:30	0:06:36	0:06:04
0:39:00	0:06:17	0:05:45	0:40:00	0:06:26	0:05:54	0:41:00	0:06:36	0:06:04	0:42:00	0:06:46	0:06:14
Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace
200	0:00:46	0:00:42	200	0:00:47	0:00:43	200	0:00:48	0:00:44	200	0:00:49	0:00:45
300	0:01:08	0:01:02	300	0:01:10	0:01:04	300	0:01:12	0:01:06	300	0:01:14	0:01:08
400	0:01:31	0:01:23	400	0:01:34	0:01:26	400	0:01:36	0:01:28	400	0:01:38	0:01:30
600	0:02:17	0:02:05	600	0:02:20	0:02:09	600	0:02:24	0:02:12	600	0:02:28	0:02:16
800	0:03:02	0:02:47	800	0:03:07	0:02:51	800	0:03:12	0:02:56	800	0:03:17	0:03:01
1000	0:03:48	0:03:28	1000	0:03:54	0:03:34	1000	0:04:00	0:03:40	1000	0:04:06	0:03:46
1200	0:04:41	0:04:17	1200	0:04:48	0:04:24	1200	0:04:55	0:04:31	1200	0:05:02	0:04:39
1609.344	0:06:17	0:05:45	1609.344	0:06:26	0:05:54	1609.344	0:06:36	0:06:04	1609.344	0:06:46	0:06:14
2000	0:07:48	0:07:08	2000	0:08:00	0:07:20	2000	0:08:12	0:07:32	2000	0:08:24	0:07:44

Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI	Race Time	PPM PI	PPM SI
0:21:00	0:06:46	0:06:14	0:21:30	0:06:55	0:06:23	0:22:00	0:07:05	0:06:33	0:22:30	0:07:15	0:06:43
0:43:00	0:06:55	0:06:23	0:44:00	0:07:05	0:06:33	0:45:00	0:07:15	0:06:43	0:46:00	0:07:24	0:06:52
Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace	Dist	PI Pace	SI Pace
200	0:00:50	0:00:46	200	0:00:52	0:00:48	200	0:00:53	0:00:49	200	0:00:54	0:00:50
300	0:01:16	0:01:10	300	0:01:17	0:01:11	300	0:01:19	0:01:13	300	0:01:21	0:01:15
400	0:01:41	0:01:33	400	0:01:43	0:01:35	400	0:01:46	0:01:38	400	0:01:48	0:01:40
600	0:02:31	0:02:19	600	0:02:35	0:02:23	600	0:02:38	0:02:27	600	0:02:42	0:02:30
800	0:03:22	0:03:06	800	0:03:26	0:03:11	800	0:03:31	0:03:15	800	0:03:36	0:03:20
1000	0:04:12	0:03:52	1000	0:04:18	0:03:58	1000	0:04:24	0:04:04	1000	0:04:30	0:04:10
1200	0:05:10	0:04:46	1200	0:05:17	0:04:53	1200	0:05:24	0:05:00	1200	0:05:31	0:05:07
1609.344	0:06:55	0:06:23	1609.344	0:07:05	0:06:33	1609.344	0:07:15	0:06:43	1609.344	0:07:24	0:06:52
2000	0:08:36	0:07:56	2000	0:08:48	0:08:08	2000	0:09:00	0:08:20	2000	0:09:12	0:08:32

PI/SI based on 5K pace for intervals under 1200, 10K for 1200 and over

Segments are a time structured high tempo ladder/speed workout , each one of the numbers is minutes at a tempo pace, for Bruce on flat ground I was doing about 6:15 pace. We do it on hilly road terrain. Between each timed segment the dash (-) is 1 minute of an easy jog along the route So a (1-1-2-2-3-3-4-6-6-4-4-2-2-1-1) goes 1 hard, 1 jog, 1 jog, 2 hard, 1 jog, 2 hard, 1 jog, 3 hard, 1 jog, 3 hard 1 jog, on up and down the ladder

DRILLS: Incorporate Plyo & Core Drills after long runs and after track workouts, seasoned to suit everyone

Points listed are for Valley Runner of the Year by www.proracegroup.com

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