



**Inland Empire Running Club
Generic Full Marathon
Training Schedule
By: Coach Reggie Thomas**

FOCUS: Build Volume (Low Heart Rate) Form & Strength							Base Phase One	
Week #	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
1	30 min aerobic	Rest	45 min aerobic	30 min aerobic	Rest	3 miles aerobic	X-Train	
2	30 min aerobic	Rest	45 min aerobic	30 min aerobic	Rest	4 miles aerobic	X-Train	
3	30 min aerobic	Rest	45 min aerobic	30 min aerobic	Rest	5 miles aerobic	X-Train	
4	30 min aerobic	Rest	30 min aerobic	30 min aerobic	Rest	6 miles aerobic	X-Train	
FOCUS: More Volume (Low Heart Rate) Form & Strength							Base Phase Two	
5	30 min aerobic	Rest	45 min aerobic	30 min aerobic	Rest	8 miles aerobic	X-Train	
6	30 min aerobic	Rest	45 min aerobic	40 min aerobic	Rest	9 miles aerobic	X-Train	
7	30 min aerobic	Rest	45 min aerobic	40 min aerobic	Rest	10 miles aerobic	X-Train	
8	30 min aerobic	Rest	30 min aerobic	30 min aerobic	Rest	8 miles aerobic	X-Train	
FOCUS: More Volume (Low Heart Rate) Form & Strength							Base Phase Three	
9	30 min aerobic	Rest	45 min aerobic	40 min aerobic	Rest	12 miles aerobic	X-Train	
10	40 min aerobic	Rest	50 min aerobic	40 min aerobic	Rest	13 miles aerobic	X-Train	
11	40 min aerobic	Rest	50 min aerobic	40 min aerobic	Rest	14 miles aerobic	X-Train	
12	30 min aerobic	Rest	30 min aerobic	30 min aerobic	Rest	8 miles aerobic	X-Train	
Focus: Build Intensity							Building Phase Four	
13	45 min MRP	Rest	45 min MRP	45 min aerobic	Rest	16 miles aerobic	X-Train	
14	45 min MRP	Rest	45 min MRP	45 min aerobic	Rest	18 miles aerobic	X-Train	
15	45 min MRP	Rest	45 min MRP	45 min aerobic	Rest	10 miles aerobic	X-Train	
16	30 min MRP	Rest	30 min MRP	30 min aerobic	Rest	12 miles MRP	X-Train	
Focus: Begin Building Intensity							Building Phase Five	
17	45 min MRP	Rest	4X6:30 min @ AT, 3:30 min easy	45 min MRP	Rest	9 miles, with hills	X-Train	
18	45 min MRP with hills	Rest	4 X 7:00 min at AT, 3 min easy	45 min aerobic	Rest	14 miles MRP	X-Train	
19	45 min MRP with hills	Rest	4 X 7:30 min at AT, 3 min easy	45 min aerobic	Rest	16 miles MRP	X-Train	
20	30 min MRP	Rest	30 min MRP	30 min MRP	Rest	18 miles MRP	X-Train	
Focus: Building Intensity							Peak Building Phase Six	
21	60 min MRP with hills	Rest	4 X 8:00 @ AT, 2:00 min easy	60 min aerobic	Rest	12 miles MRP aerobic	X-Train	
22	60 min MRP with hills	Rest	4 X 9:00 @ AT, 1:00 min easy	60 min aerobic	Rest	20 miles aerobic	X-Train	
23	75 min aerobic	Rest	4 X 10:00 min @ AT, 1:00 min easy	60 min MRP with hills	Rest	10 miles MRP	X-Train	
24	40 min MRP	Rest	2 X 20:00 min @ AT, 5 min easy	40 min aerobic	Rest	12 miles aerobic 8 miles MRP	X-Train	
Focus: Building Intensity, Then TAPER							Exponential TAPER - 7	
25	60 min MRP	Rest	40 min AT	40 min MRP	Rest	6 miles w/hills MRP	X-Train	Taper
26	30 min MRP	Rest	30 min MRP	30 min MRP	Rest	6 miles MRP	X-Train	
27	30 min MRP	Rest	20 min MRP	10 min MRP	Rest	10 min MRP	RACE DAY!!!	CELEBRATE
28	Walk Slow	Rest	30 min walk	30 min walk	Rest	30 min walk	Rest	

TERMS:

Aerobic = Zone Two; an intensity level where you feel as if you could go forever; you can talk without noticeable pauses for breathing; slower than marathon pace

Marathon Race Pace (M.R.P.) = Zone Three; Lactate Threshold (M.R.P.); higher intensity than aerobic

Anaerobic Threshold (AT) = Zone Four; higher heart rate; heavier breathing; 5K or 10K level of intensity, 85% of maximum heart rate

X-Train = Anything but running (swim, bike, strength train)

Training at different levels of intensity is important to become more efficient in different areas. **PROPER EXERCISE & RECOVERY = OPTIMAL PERFORMANCE**