

2024 SURF-CITY MARATHON TRAINING SCHEDULE

By Coach Reggie Thomas
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Base Phase (10 Weeks)

Purpose: Lay a solid foundation of aerobic running to prepare athletes for both the intensity and duration of the full training period.

AUGUST 12-13

Saturday – 5 miles
Sunday – Rest or Cross Train

AUGUST 14-20

Monday – 5 miles – Aerobic Pace
Tuesday – 5 miles – Aerobic Pace
Wednesday – Cross Train or Rest
Thursday – 5 miles - Aerobic
Friday – Rest
Saturday – 6 miles – Aerobic Pace
Sunday – Cross Train or Rest

AUGUST 21-27

Monday – 5 miles – Aerobic Pace
Tuesday – 5 miles – Aerobic Pace
Wednesday – Cross Train or Rest
Thursday – 5 miles – Aerobic Pace
Friday – Rest
Saturday – 7 miles – Aerobic Pace
Sunday – Cross Train or Rest

AUGUST 28-SEPTEMBER 3

Monday – 5 miles – Aerobic Pace
Tuesday – 5 miles – Aerobic Pace
Wednesday – Cross Train or Rest
Thursday – 5 miles – Aerobic Pace
Friday – Rest
Saturday – 8 miles – Aerobic Pace
Sunday – Cross Train or Rest

SEPTEMBER 4-10

Monday – 5 miles – Aerobic Pace
Tuesday – 5 miles – Aerobic Pace
Wednesday – Cross Train or Rest
Thursday – 5 miles – Aerobic Pace
Friday – Rest
Saturday – 9 miles – Aerobic Pace
Sunday – Cross Train or Rest

SEPTEMBER 11-17 (Cutback Saturday ONLY before reaching double digit runs)

Monday – 5 miles – Aerobic Pace

Tuesday – 5 miles – Aerobic Pace

Wednesday – Cross Train or Rest

Thursday – 5 miles – Aerobic Pace

Friday – Rest

Saturday – 6 miles – Aerobic Pace (CUTBACK)

Sunday – Cross Train or Rest

SEPTEMBER 18-24

Monday – 5 miles – Aerobic Pace

Tuesday – 5 miles – Aerobic Pace

Wednesday – Cross Train or Rest

Thursday – 5 miles – Aerobic Pace with 200 yard sprints at 10k pace after miles 2, 3 and 4

Friday – Rest

Saturday – 8 miles – Aerobic Pace

Sunday – Cross Train or Rest

SEPTEMBER 25-OCTOBER 1

Monday – 5 miles – Aerobic Pace

Tuesday – 5 miles – Aerobic Pace

Wednesday – Cross Train or Rest

Thursday – 5 miles – Aerobic Pace with 200 yard sprints at 10k pace after miles 2, 3 and 4

Friday – Rest

Saturday – 9 miles – Aerobic Pace

Sunday – Cross Train or Rest

OCTOBER 2-8

Monday – 5 miles – Aerobic Pace

Tuesday – 5 miles – Aerobic Pace

Wednesday – Cross Train or Rest

Thursday – 5 miles – Aerobic Pace with 200 yard sprints at 10k pace after miles 2, 3 and 4

Friday – Rest

Saturday – 10 miles – Aerobic Pace

Sunday – Cross Train or Rest

OCTOBER 9-15

Monday – 5 miles – Aerobic Pace

Tuesday – 5 miles – Aerobic Pace

Wednesday – Cross Train or Rest

Thursday – 5 miles – Aerobic Pace with 200 yard sprints at 10k pace after miles 2, 3 and 4

Friday – Rest

Saturday – 6 miles – Aerobic Pace (Cutback)

Sunday – Cross Train or Rest

Build Phase 1 (4 Weeks)

Purpose: Ramp up volume and intensity with the focus of **Building STRENGTH** in preparation for faster workouts and longer runs.

OCTOBER 16-22

Monday – **Aerobic Run**, 6 miles

Tuesday – **Hill Repeats**, Do 2 mile warm-up at an easy pace. Then do 6 x ½ mile hill repeats on a steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). Do 1 mile jog to recover.

Wednesday – Cross Train or Rest

Thursday – **Aerobic Run**, 6 miles that include some hills

Friday – Rest

Saturday – **Aerobic Long Run**, 11 miles

Sunday – Cross Train or Rest

OCTOBER 23-29

Monday – **Aerobic Run**, 6 miles

Tuesday – **Hill Repeats**, Do 2 mile warm-up at an easy pace. Then do 6 x ½ mile hill repeats on steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). Do 1 mile jog to recover.

Wednesday – Cross Train or Rest

Thursday – **Aerobic Run**, 6 miles that include some hills

Friday – Rest

Saturday – **Aerobic Long Run**, 12 miles

Sunday – Cross Train or Rest

OCTOBER 30-NOVEMBER 5

Monday – **Aerobic Run**, 6 miles

Tuesday – **Hill Repeats**, Do 2 mile warm-up at an easy pace. Then do 6 x ½ mile hill repeats on a steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). Do 1 mile jog to recover.

Wednesday – Cross Train or Rest

Thursday – **Aerobic Run**, 6 miles that include some hills

Friday – Rest

Saturday – **Aerobic Long Run**, 13 miles **CONGRATS! You ran a half marathon!**

Sunday – Cross Train or Rest

NOVEMBER 6-12 (CUTBACK WEEK)

Monday – **Aerobic Run**, 5 miles

Tuesday – **Hill Repeats**, Do 2 mile warm-up at an easy pace. Then do 4 x ½ mile hill repeats on a steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). Do 1 mile jog to recover.

Wednesday – Cross Train or Rest

Thursday – **Aerobic Run**, 5 miles that include some hills

Friday – Rest

Saturday – **Aerobic Long Run**, 6 miles

Sunday – Cross Train or Rest

Build Phase 2 (4 Weeks)

Purpose: Ramp up volume and intensity with the focus of [Building ENDURANCE](#) in preparation for faster workouts, hitting race pace goal and sustained effort on long runs.

NOVEMBER 13-19

Monday – **Aerobic Run**, 6 miles

Tuesday – **Speed Intervals**, 2 mile warmup, 6 x 400s at 10k pace, 1 mile cooldown (**1 minute rest between intervals**)

Wednesday – Cross Train or Rest

Thursday – **Aerobic + Race Pace Run**, (Run 4 miles at aerobic, 2 miles at race pace & 1 mile cooldown

Friday – Rest

Saturday – **Aerobic Long Run**, 14 miles

Sunday – Cross Train or Rest

NOVEMBER 20-26

Monday – **Aerobic Run**, 6 miles

Tuesday – **Speed Intervals**, 2 mile warmup, 6 x 400s at 10k pace, 1 mile cooldown (**1 minute rest between intervals**)

Wednesday – Cross Train or Rest

Thursday – **Aerobic + Race Pace Run**, (Run 4 miles at aerobic, 2 miles at race pace & 1 mile cooldown

Friday – Rest

Saturday – **Aerobic Long Run**, 15 miles

Sunday – Cross Train or Rest

NOVEMBER 27-DECEMBER 3

Monday – **Aerobic Run**, 6 miles

Tuesday – **Speed Intervals**, 2 mile warmup, 6 x 400s at 10k pace, 1 mile cooldown (**1 minute rest between intervals**)

Wednesday – Cross Train or Rest

Thursday – **Aerobic + Race Pace Run**, (Run 4 miles at aerobic, 2 miles at race pace & 1 mile cooldown

Friday – Rest

Saturday – **Aerobic Long Run**, 16 miles

Sunday – Cross Train or Rest

DECEMBER 4-10 (CUTBACK WEEK)

Monday – **Aerobic Run**, 5 miles

Tuesday – **Aerobic Run**, 5 miles

Wednesday – Cross Train or Rest

Thursday – **Aerobic + Race Pace Run**, (Run 4 miles at aerobic, 2 miles at race pace & 1 mile cooldown

Friday – Rest

Saturday – **Aerobic Long Run**, 8 miles

Sunday – Cross Train or Rest

PEAK PHASE (5 Weeks)

Purpose: Fine tune the speed, endurance and strength to prepare you for the marathon.

DECEMBER 11-17

Monday – **Aerobic Run**, 7 miles

Tuesday – **Speed Intervals**, Do 2 mile warm-up, **4 x 400s + 4 x 800s at 10K pace with 2 minutes rest between intervals**, followed by 1 mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – **Race Pace Run**, (1 mile warmup; 4 miles at race pace; 1 mile cooldown)

Friday – Rest

Saturday – **Aerobic Long Run**, 18 miles

Sunday – Cross Train or Rest

DECEMBER 18-24

Monday – **Aerobic Run**, 7 miles

Tuesday – **Speed Intervals**, Do 2 mile warm-up, **4 x 400s + 4 x 800s at 10K pace with 2 minutes rest between intervals**, followed by 1 mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – **Race Pace Run**, (1 mile warmup; 4 miles at race pace; 1 mile cooldown)

Friday – Rest

Saturday – **Aerobic Long Run**, 20 miles

Sunday – Cross Train or Rest

DECEMBER 25-31

Monday – **Aerobic Run**, 7 miles

Tuesday – **Speed Intervals**, Do 2 mile warm-up, **4 x 400s + 4 x 800s at 10K pace with 2 minutes rest between intervals**, followed by 1 mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – **Race Pace Run**, (1 mile warmup; 4 miles at race pace; 1 mile cooldown)

Friday – Rest

Saturday – **Aerobic Long Run**, 14 miles

Sunday – Cross Train or Rest

JANUARY 1-7 (CUTBACK WEEK)

Monday – **Aerobic Run**, 5 miles

Tuesday – **Speed Intervals**, Do 2 mile warm-up, **6 x 400s at 10K pace with 2 minutes rest between intervals**, followed by 1 mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – **Race Pace Run**, (1 mile warmup; 3 miles at race pace; 1 mile cooldown)

Friday – Rest

Saturday – **Aerobic Long Run**, 10 miles

Sunday – Cross Train or Rest

JANUARY 8-14

Monday – **Aerobic Run**, 7 miles

Tuesday – **Speed Interval Ladder**, (2 mile warmup; 2 x 400s; 4 x 800s; 1 x 1 mile; 2 x 800s; 2 x 400s at 10K pace with 2 minutes rest between intervals; 1 mile cooldown)

Wednesday – Cross Train or Rest

Thursday – **Race Pace Run**, (2 mile warmup; 5 miles at race pace; 1 mile cooldown)

Friday – Rest

Saturday – **Long Run w/Race Pace**, 20 miles (**13 miles at aerobic pace, 5 miles at race pace 2 miles cooldown**)

Sunday – Cross Train or Rest

Taper Phase (3 Weeks)

Purpose: Intentionally reduce mileage and intensity to allow the body to recover from weeks of accumulated fatigue of training and allow the body to adapt to the training. **REMEMBER: Training is the architect. Recovery is the builder.**

JANUARY 15-21

Monday – **Aerobic Run**, 5 miles

Tuesday – **Race Pace Run**, 5 miles, (1 mile aerobic, 3 miles race pace and 1 mile aerobic)

Wednesday – Cross Train or Rest

Thursday – **Aerobic Run + 3 x 50 yard sprints at 10K pace**, 5 miles, (Run each mile at aerobic pace, but at the end of miles 2, 3 and 4, run your sprints as instructed above)

Friday – Rest

Saturday – **Long Run including Race Pace**, 12 miles (9 miles aerobic, 2 miles race pace, 1 mile cool-down)

Sunday – Rest or Cross Train

JANUARY 22-28

Monday – **Aerobic Run**, 4 miles

Tuesday – **Aerobic Run**, 4 miles

Wednesday – Cross Train or Rest

Thursday – **Aerobic Run**, 3 miles

Friday – Rest

Saturday – **Aerobic Run**, 8 miles

Sunday – Rest or Cross Train

FEBRUARY 29-FEBRUARY 4 – RACE WEEK! Focus on your mental game, nutrition, sleep, hydration and stretch every day. **Just keep legs loose!**

Monday – **Aerobic Run**, 3 miles

Tuesday – **Aerobic Run**, 3 miles

Wednesday – Rest

Thursday – **Aerobic Shakeout Run + 1 Mile at Race Pace**, 3 miles (1 mile aerobic, 1 mile race pace and 1 mile recovery pace)

Friday – **COMPLETE REST**

Saturday – **COMPLETE REST, stretch and focus on race day strategy**

SUNDAY – SURF CITY MARATHON (Show Time!!!)