



LEVEL II – INTERMEDIATE RUNNER

NIKE WOMEN'S MARATHON RUN CLUB – SAN FRANCISCO

SATURDAYS AT 8:00 AM. LITTLE MARINA GREEN, MARINA BLVD AND BAKER STREET, SF

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17	6/27/2009						NWM Run Club - Kick Off 2mi Run!	FULL: 6-8 @ AT HALF: 2-4 @ AT
16	6/29-7/5	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	FULL: 4-6@AT + 4 strides HALF: 2-4@AT + 4 strides	FULL: 4-6 @ AT HALF: 2-4 @ AT	FULL: 4-6 @ AT HALF: 2-4 @ AT Rolling Hills	BOTH: up to 4 @ AT & optional aerobic cross train	On Own: FULL: 6-8 @ AT Last 1@MP HALF: 4-6 @ AT Last 1@MP	FULL: 4 @ AT HALF: 2-4@AT + Stretch
15	7/6- 7/12	OFF	FULL: 4-6 @ AT HALF: 3-4 @ AT + 4 Strides	FULL: 3AT+ 1LT+2AT HALF: 2AT+1LT+1AT	FULL: 4-6 @ AT HALF: 2-4 @ AT	BOTH: up to 4 @ AT & optional aerobic cross train	FULL: 10 @ AT Last 2@MP HALF: 6 @ AT Last 2@1/2 MP	FULL: 4 @ AT HALF: 2-4@AT + Stretch
14	7/13-7/19	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: 20 min W-U 8-10 x 400 @ 10k pace, 2:30 rec	FULL: 4-6 @ AT HALF: 4 @ AT	BOTH: 6 miles include 8-10 x 1 min hill repeats, 3-5% grade	BOTH: up to 4 @ AT & optional aerobic cross train	FULL: 12 @ AT Last 2@MP HALF: 8 @ AT Last 2@1/2MP	FULL: 4 @ AT HALF: 4 @ AT + Stretch
13	RECOVERY WEEK 7/20-7/26	OFF	FULL: 4-6 @ AT HALF: 3-4 @ AT + 4 Strides	FULL: 2AT+2LT+1AT HALF: 2AT+1LT+1AT	FULL: 4-6 @ AT HALF: 2-4 @ AT	BOTH: up to 4 @ AT & optional aerobic cross train	FULL: 8 @ AT HALF: 4-6 @ AT	FULL: 4-6 @ AT HALF: 4 @ AT + Stretch
12	7/27-8/2	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: 20 min W-U 4-6 x 800 @ 10k pace, 2:30 rec	FULL: 6 @ AT HALF: 4 @ AT	FULL: 4-6 @ AT HALF: 2-4 @ AT Rolling Hills	BOTH: up to 5 @ AT & optional aerobic cross train	FULL: 12mi: 4 @ AT, Middle 6 @ MP HALF: 5-8 @ AT, Middle 3@ 1/2 MP	FULL: 4-6 @ AT HALF: 4 @ AT + Stretch
11	8/3-8/9	OFF	FULL: 6 @ AT HALF: 4 @ AT + 4 Strides	FULL: 2AT+3LT+2AT HALF: 2AT+2LT+1AT	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: up to 5 @ AT & optional aerobic cross train	FULL: 14 @ AT Last 3@MP HALF: 8 @ AT Last 2@MP	FULL: 6 @ AT HALF: 4 @ AT + Stretch
10	8/10-8/16	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: 20 min W-U 3 x mile @ LT down to 5k pace, 2:00 rec	FULL: 6 @ AT HALF: 4 @ AT	BOTH: 6 miles inc. 4 x mile-long hill climbs, 85-90% effort	BOTH: up to 5 @ AT & optional aerobic cross train	FULL: 16mi: 14 @ AT + 2 @ MP HALF: 10mi: 8 @ AT + 2 @ 1/2MP	FULL: 6 @ AT HALF: 4 @ AT + Stretch
9	RECOVERY WEEK: 8/17-8/23	OFF	FULL: 4-6@AT HALF: 4 @ AT + 4 Strides	FULL: 2AT+4LT HALF: 2AT+3LT	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: up to 5 @ AT & optional aerobic cross train	FULL: 10-12 @ AT HALF: 8 @ AT	FULL: 6 @ AT HALF: 4 @ AT + Stretch
8	8/24-8/30	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: 20 min W-U 3-4 x 1200 @10k pace, 2:30 rec	FULL: 6 @ AT + 4 strides HALF: 4-6 @ AT + 4 strides	Optional Rolling Hills Run or Aerobic Cross Train. Specific Strength + Stretch	BOTH: up to 6 @ AT & optional aerobic cross train	FULL: 16 @ AT middle 8 @ MP HALF: 10 @ AT middle 5 @ 1/2 MP	FULL: 6 @ AT HALF: 4-6 @ AT + Stretch
7	8/31-9/6	OFF	FULL: 6 @ AT HALF: 4 @ AT + 4 Strides	FULL: 2AT+5LT+1AT HALF: 2AT+4LT+1AT	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: up to 5 @ AT & optional aerobic cross train	FULL: 18-20@AT HALF: 12 @ AT	FULL: 6 @ AT HALF: 4 @ AT + Stretch
6	PEAK LONG RUN A 9/07-9/13	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: 4-6 @ AT or incorporate 4 x 1000 @ 10k pace, 400m rec	FULL: 6 @ AT HALF: 4-6 @ AT	BOTH: 6 miles incorporating 4 x half mile hill climbs, 85-90% effort	OFF	FULL: 20-22 mi (last 3-4 @ MP) HALF: 12-14 mi (last 3 @ 1/2MP)	FULL: 2-4 @ AT HALF: 2-4 @ AT + Stretch

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	RECOVERY WEEK: 9/14-9/20	OFF	FULL: 4-6@AT HALF: 4 @ AT	FULL: 2AT+6LT+2AT HALF: 2AT+5LT+1AT	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: up to 4 @ AT & optional aerobic cross train	FULL: 12-14@AT HALF: 8@AT	FULL: 6 @ AT HALF: 4 @ AT + Stretch
4	PEAK LONG RUN B 9/21-9/27	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: 6-8 miles or incorporate 6 x 800m @ 5k pace, 400m rec	FULL: 6 @ AT HALF: 4-6 @ AT	Optional Rolling Hills Run or Aerobic Cross Train. Specific Strength + Stretch	OFF	FULL: 22 mi (last 4 @ MP) HALF: 12-16 mi (last 3 @ 1/2 MP)	FULL: 2-4 @ AT HALF: 2-4 @ AT + Stretch
3	TAPER 9/28-10/4	OFF	FULL: 4-6@AT HALF: 4 @ AT	FULL: 4 @ LT HALF: 3 @ LT	Optional AT run &/or Aerobic Cross Train. Specific Strength + Stretch	BOTH: up to 4 @ AT & optional aerobic cross train	FULL: 10 @ AT HALF: 8-10@ AT	FULL: 6 @ AT HALF: 4-6 @ AT + Stretch
2	TAPER 10/5-10/11	Optional AT run &/or Aerobic Cross Train. Light Specific Strength + Stretch	BOTH: 4-6@ AT -or- 6-8 x 400m @ 5k pace, 400m recovery	FULL: 2-4 AT HALF: 2-4 AT	FULL: 2AT + 2LT HALF: 2AT + 1LT Light Specific Strength	BOTH: up to 3 @ AT & optional aerobic cross train or OFF	FULL: 6-8 m@ AT + 4 strides HALF: 6-8 @ AT + 4 strides	FULL: 4 @ AT HALF: 4 @ AT + Stretch
1	RACE WEEK! Short & Sharpen 10/12-10/18	OFF	BOTH: 2 mi @ GOAL race pace + 6 strides	FULL: 2-4 @ MP/AT + strides HALF: 2-3 AT MP/AT + strides	Light core strength + optional light run of 1-3 mi @ MP/AT	OFF	BOTH: 1-3 miles + 4 strides	NIKE WOMEN'S MARATHON! FULL: 26.2 miles! HALF: 13.1 miles!

KEY

FULL: Miles for individuals training to RUN the marathon.

STRIDES: Short, sharp runs of ~100m in length. Excellent form, light on feet, in control. Not all out, yet high speed. Full recoveries.

AT: Aerobic Threshold. 65% VO2 Max, ~65-70% max heart rate. Fatty Acid as primary fuel, sparing glycogen. Run at or below AT pace for maximum aerobic adaptations. ~1min SLOWER than goal marathon pace.

LT: Lactate/Anaerobic Threshold. ~85% VO2 Max and ~85 - 88% max heart rate. Glycogen primary fuel. Breaking point over to anaerobic system. ~20-30 sec/mile FASTER than goal Marathon Pace & ~15-20 sec/mile SLOWER than current 10k pace. Performed on flat terrain to maintain consistent intensity.

MP: Goal marathon pace. For the intermediate runner, this pace may be closer to AT pace than LT pace. Generally, it is at ~75% VO2 Max and 75-80% Max heart rate.

LEVEL II - INTERMEDIATE RUNNER

CURRENTLY RUNNING 3-5 TIMES PER WEEK, 3-8 MILES PER RUN, 15-25 TOTAL MILES PER WEEK. MAY OR MAY NOT INCORPORATE SPEED WORK WITHIN CURRENT TRAINING. INTERMEDIATE FULL MARATHONERS SHOULD HAVE PREVIOUS MARATHON EXPERIENCE.

CROSS TRAINING TO INCREASE AEROBIC CAPACITY, IMPROVE STRENGTH AND PREVENT INJURY

NON-IMPACT AEROBIC CROSS-TRAINING: DEEP WATER RUNNING, ELIPTICAL TRAINER, EASY CYCLING, SPINNING, SWIMMING & WALKING (IF USUALLY RUNNING)

STRENGTH TRAINING: PILATES, CORE STRENGTH EXERCISES, YOGA, WEIGHTS (MACHINE OR FREE) TWO DAYS/WEEK

SPECIFIC STRENGTH: PERSONAL STRENGTH EXERCISES FOR WEAK AREAS OR PREVIOUSLY INJURED BODY PARTS

FLEXIBILITY TRAINING: STRETCHING, PILATES, YOGA, STRETCH CLASSES

TRAINING OUTLOOK

3-5 RUNS/WEEK, OPTIONAL SPEED WORKOUTS. SUPPLEMENT TRAINING WITH CROSS TRAINING (NON-IMPACT AEROBIC, STRENGTH & FLEXIBILITY)

RECOVERY WEEK EVERY FOURTH WEEK ALLOWING FOR MAXIMUM ADAPTATION AND INJURY PREVENTION

MARATHONERS MAY TARGET RUNNING ACTUAL MARATHON AT AT OR MP OR SOMEWHERE IN BETWEEN; HALF MARATHONERS IN BETWEEN AT & 1/2 MP

SUPPLEMENT TRAINING WITH CROSS TRAINING (NON-IMPACT AEROBIC, STRENGTH & FLEXIBILITY)

ADVANCED HALF MARATHON TRAINING IS "OVER" DISTANCE TRAINING, SIMILAR TO TRAINING FOR INTERMEDIATE FULL MARATHONERS

MARATHONERS TARGET RACING MARATHON AT GOAL MARATHON PACE; HALF MARATHONERS AT GOAL 1/2 MARATHON PACE