

LEVEL II – INTERMEDIATE RUNNER

NIKE WOMEN'S MARATHON RUN CLUB – DANVILLE

SUNDAYS AT 8:00 AM. DANVILLE TOWN GREEN, 420 FRONT ST.

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17	6/28/2009							Nike Club Run SF - Kick Off 2mi Run!
16	6/29-7/5	FULL: 4 @ AT HALF: 2-4 @ AT Flat run. Stretch	FULL: 4-6 @ AT HALF: 2-4 @ AT Rolling Hills Specific Strength	OFF	FULL: 4-6@AT HALF: 2-4@AT 4 Strides at end	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 4 @ AT &/or optional aerobic cross train	On Own: FULL: 6-8 @ AT Last 1@MP HALF: 3-4 @ AT Last 1@1/2MP
15	7/6- 7/12	FULL: 4 @ AT HALF: 2-4@AT Flat run. Stretch	FULL: 4-6 @ AT HALF: 2-4 @ AT Rolling Hills Specific Strength	OFF	FULL: 3AT+ 1LT+1AT HALF: 2AT+ 1LT+ 1AT 4 Strides at end	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 4 @ AT &/or optional aerobic cross train	FULL: 10 @ AT Last 2@MP HALF: 6 @ AT Last 2mi @1/2MP
14	7/13-7/19	FULL: 4 @ AT HALF: 4 @ AT Flat run. Stretch	FULL: 3AT+2LT+1AT HALF: 2AT+2LT Specific Strength	OFF	BOTH: 20 min W-U 4-6 x 800 @ 10K pace, 2:30m rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 4 @ AT &/or optional aerobic cross train	FULL: 12 @ AT Last 2@MP HALF: 8 @ AT Last 2mi@1/2MP
13	RECOVERY WEEK 7/20-7/26	FULL: 4-6 @ AT HALF: 4 @ AT Flat run. Stretch	FULL: 2AT +4MP HALF: 4 @ AT 4 strides at end Specific Strength	OFF	FULL: 4-6 @ AT HALF: 3-4 @ AT Rolling Hills	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 4 @ AT &/or optional aerobic cross train	FULL: 8 @ AT HALF: 4-6 @ AT
12	7/27-8/2	FULL: 4-6 @ AT HALF: 4 @ AT Flat run. Stretch	FULL: 2AT+3LT+2AT HALF: 2AT+2LT+1AT Specific Strength	OFF	BOTH: 20 min W-U. 3 x mile @ LT down to 5K pace, 2:00m rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 5 @ AT &/or optional aerobic cross train	FULL: 12 @ AT middle 6@MP HALF: 5-8 @ AT middle 3mi@1/2MP
11	8/3-8/9	FULL: 6 @ AT HALF: 4 @ AT Flat run. Stretch	FULL: 6 @ AT HALF: 4-6 @ AT 4 strides at end. Specific Strength	OFF	BOTH: 6 miles inc. 3-4 x half mile steep hill climbs, 85-90% effort	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 5 @ AT &/or optional aerobic cross train	FULL: 14 @ AT Last 3@MP HALF: 8 @ AT Last 2mi@1/2MP
10	8/10-8/16	FULL: 6 @ AT + stretch HALF: 4 @ AT + stretch	FULL: 3AT+4LT+1AT HALF: 2AT+3LT+1AT Specific Strength	OFF	FULL: 4-6 @ AT + 4 strides HALF: 4-5 @ AT + 4 strides	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 5 @ AT &/or optional aerobic cross train	FULL: 16 mi: 14 @ AT + 2 @ MP HALF: 10mi: 8 @ AT + 2 @ 1/2MP
9	RECOVERY WEEK: 8/17-8/23	FULL: 4-5 @ AT HALF: 3-4 @ AT Flat run. Stretch	FULL: 6 @ AT HALF: 4-6 @ AT 4 strides at end	OFF	BOTH: 20 min W-U. 3-4 x 1200 @ 10k pace 2:30 rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 5 @ AT &/or optional aerobic cross train	FULL: 10-12 @ AT HALF: 8 @ AT
8	8/24-8/30	FULL: 6 @ AT + stretch HALF: 4-6 @ AT + stretch	FULL: 2AT+ 4LT+2AT HALF: 2AT+ 3LT+ 1AT Specific Strength	OFF	BOTH: 7 miles inc. 2-3 x mile-long hill climbs, 85-90% effort	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 6 @ AT &/or optional aerobic cross train	FULL: 16 @ AT middle 8@MP HALF: 10 @ AT middle 5@MP
7	8/31-9/6	FULL: 6 @ AT + stretch HALF: 4 @ AT + stretch	FULL: 6 @ AT HALF: 4 @ AT 4 strides at end. Specific Strength	OFF	BOTH: 4-6 @ AT or incorporate 4 x 1000 @ 10k pace, 400m rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 5 @ AT &/or optional aerobic cross train	FULL: 18-20 @ AT HALF: 12 @ AT
6	PEAK LONG RUN A 9/07-9/13	FULL: 6 @ AT HALF: 4 @ AT Flat run. Stretch	FULL: 2AT+5LT+1AT HALF: 2AT+4LT+1AT Specific Strength	FULL: 6 @ AT HALF: 4-6 @ AT	BOTH: 7 miles incorporating 3 x mile @ LT down to 5k pace. 2:00 rec	Optional AT recovery run &/or Aerobic Cross Train. Specific Strength	OFF	FULL: 20-22 mi (last 3-4 @ MP) HALF: 12-14 mi (last 3 @ 1/2MP)



WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	RECOVERY WEEK: 9/14-9/20	FULL: 4 @ AT HALF: 3 @ AT Flat run. Stretch	OFF	FULL: 6 @ MP HALF: 4-6 @ MP (not HALF pace)	BOTH: 6-8 miles or incorporate 6 x 800 @ 5k pace, 400m rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 4 @ AT &/or optional aerobic cross train or Off	FULL: 12-14 @ AT HALF: 8@AT
4	PEAK LONG RUN B 9/21-9/27	FULL: 4-6 @ AT HALF: 4 @ AT Flat run. Stretch	FULL: 2AT+6LT HALF: 2AT+5LT Specific Strength	OFF	BOTH: 6 miles inc. 3 x mile-long hill climbs, 85-90% effort	Optional AT recovery run &/or Aerobic Cross Train. Specific Strength	OFF	FULL: 22 mi (last 4 @ MP) HALF: 12-16 mi (last 3 @ 1/2 MP)
3	TAPER 9/28-10/4	FULL: 3-4 @ AT HALF: 3-4 @ AT Flat run. Stretch	OFF	FULL: 4 @ LT HALF: 3 @ LT	FULL: 4-6 @ AT HALF: 4 @ AT	Optional AT run &/or Aerobic Cross Train. Specific Strength	up to 4 @ AT &/or optional aerobic cross train or Off	FULL: 10 @ AT HALF: 8-10@ AT
2	TAPER 10/5-10/11	FULL: 2-4 @ AT HALF: 2-4 @ AT Flat run. Stretch	FULL: 2AT+ 2LT HALF: 2AT+ 1LT Light Strength Exercises	OFF	BOTH: 4-6 @ AT or inc. 6-8 x 400 @ 5k pace, 400m recovery	Optional AT run &/or Aerobic Cross Train. Light Strength Exercises	up to 3 @ AT &/or optional aerobic cross train or Off	FULL: 6-8 m @ AT + 4 strides HALF: 6-8 @ AT + 4 strides
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: Easy 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

INCORPORATE ROLLING HILLS ON TUESDAYS