

# LEVEL III – ADVANCED 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
<b>17</b>	6/27/2009						NWM Run Club - Kick Off 2mi Run!	FULL: 6-8 @ AT + stretch HALF: 4-6@AT + stretch
<b>16</b>	6/29-7/5	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 6-8@AT + 4 strides HALF: 4-6@AT + 4 strides	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 6-8 @ AT + stretch HALF: 4-6 @ AT + stretch	BOTH: 4-6 @ AT + CORE + stretch	On Own: FULL: 12 @ AT Last 1@MP HALF: 8-10 @ AT Last 1@1/2 MP	BOTH: 4-6 @ AT + stretch
<b>15</b>	7/6- 7/12	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 6 miles inc. 10 x 1 min hill repeats (moderate 3-5% grade)	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 2AT+3LT+1AT HALF: 2AT+2LT	OFF	FULL: 14mi: 10 @ AT + 4 @ MP HALF: 10mi: 8 @ AT + 2@1/2 MP	FULL: 4-6 @ AT + stretch HALF: 4-6 @ AT + stretch
<b>14</b>	7/13-7/19	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 20 min W-U w/Drills 6-8 x 800m @ 10k pace, 400m rec 10 min C-D	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 2AT+4LT HALF: 2AT+3LT+1AT	BOTH: 4-6 @ AT + CORE + stretch	FULL: 16 @ AT Last 2@MP HALF: 12 @ AT Last 2@1/2 MP	FULL: 4-6 @ AT + stretch HALF: 4-6 @ AT + stretch
<b>13</b>	RECOVERY WEEK 7/20-7/26	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 4-6 @ AT + 4 strides HALF: 4-6 @ AT + 4 strides	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 2AT+4LT HALF: 2AT+3LT+1AT	FULL: 6-8 @ AT HALF: 4-6@AT + stretch or OFF	FULL: 12mi: 4 @AT + 6-8 @ MP + 0-2 @AT HALF: 8 @ AT	FULL: 4-6 @ AT + stretch HALF: 4-6 @ AT + stretch
<b>12</b>	7/27-8/2	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 20 min W-U w/Drills, 3-5 x Mile @ LT down to 5k pace, 2:00 rec.	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 8 @ AT HALF: 6 @ AT BOTH: Add optional aerobic cross training	BOTH: 4-6 @ AT + CORE + stretch	FULL: 18 @ AT w/middle @MP HALF: 12mi: final 5@1/2 MP	FULL: 6-8 @ AT + stretch HALF: 4-6@AT + stretch
<b>11</b>	8/3-8/9	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 6-8 miles inc. 4 x mile long hill climbs, 85-90% perceived exertion	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 2AT+4LT HALF: 2AT+3LT+1AT	BOTH: 4-6 @ AT + CORE + stretch or Off	FULL: 20mi: 10 @ AT + 2(3 @MP + 1LT) + 2 AT HALF: 14 @ AT	FULL: 6 @ AT + stretch HALF: 4-6 @ AT + stretch
<b>10</b>	8/10-8/16	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 20 min W-U w/Drills 4-6 x 1200 @ 10k pace, 400 rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 1AT+5LT HALF: 2AT+4LT	BOTH: 4-6 @ AT + CORE + stretch	FULL: 22 @ AT HALF: 14-16@ AT	FULL: 6 @ AT + stretch HALF: 4-6 @ AT + stretch
<b>9</b>	RECOVERY WEEK: 8/17-8/23	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 6-8 mi incorporating 4 x 10 min LT, 2 min rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 6-8mi with 4 x 10min LT, 2min rec. CORE	OFF	FULL: 16mi: 13 @ AT + 3 @ MP HALF: 10 @ AT	FULL: 6-8 @ AT + stretch HALF: 4-6@AT + stretch
<b>8</b>	8/24-8/30	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 6-8 miles inc. 4 x mile hill climbs, 85-90% perceived exertion	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 8 @ MP HALF: 2AT+3MP +1LT	BOTH: 4-6 @ AT + CORE + stretch	FULL: 18 @ AT w/middle 10@MP HALF: 10-12@ AT w/middle 7@1/2 MP	FULL: 6 @ AT + stretch HALF: 4 @ AT + stretch
<b>7</b>	8/31-9/6	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 4-6 x 1000m @ 10k pace, 400m Rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 8-10 @ AT HALF: 8 @ AT	OFF	FULL: 20mi: 8AT + 5MP + 1 LT + 3MP + 1LT + 2AT HALF: 14-16mi: last 5 @MP to LT	FULL: 4 @ AT + stretch HALF: 2-4 @ AT + stretch
<b>6</b>	PEAK LONG RUN A 9/07-9/13	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 2x(3MP+1LT) HALF: 6 @ MP (not HALF pace)	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 6-8 @ AT HALF: 6 @ AT	BOTH: 4-6 @ AT + CORE + stretch	FULL: 22mi: 8AT + 6MP + 1 LT + 4MP + 1LT + 2AT HALF: 16-18mi: last 6 @MP to LTMP)	FULL: 6-8 @ AT + stretch HALF: 4-6 @ AT + stretch

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5</b>	RECOVERY WEEK: 9/14-9/20	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 20 min W-U w/Drills 3-4 x mile @LT down to 5k pace, 2:00 rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 6@AT + 4 strides HALF: 4-6 @ AT + 4 strides	OFF	FULL: 16 @ AT HALF: 12-14@AT	BOTH: 2-4 @ AT + stretch
<b>4</b>	PEAK LONG RUN B 9/21-9/27	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 6-8 miles inc. 4 x half mile hill climbs, 85-90% perceived exertion	FULL: 6-8 @ AT HALF: 6 @ AT	FULL: 6 @ LT HALF: 4-6 @ LT	BOTH: up to 6 @ AT & optional aerobic cross train	FULL: 22mi: 8AT+ 2(5MP+1LT)+2AT HALF: 18mi: 6AT+ 6MP+3LT+3AT	FULL: 6 @ AT + stretch HALF: 4-6 @ AT + stretch
<b>3</b>	TAPER 9/28-10/4	Optional AT run &/or Aerobic Cross Train. Specific Strength	BOTH: 20 min W-U w/Drills 4-6 x 800 @ 5k pace, 400 rec	Optional AT run &/or Aerobic Cross Train. Specific Strength	FULL: 2AT+2LT HALF: 2AT+2LT	FULL: 4-6 @ AT HALF: 3-5 @ AT or Off	FULL: 10mi: final 2mi @ LT HALF: 10mi: final 2mi @ LT	BOTH: up to 6 @ AT & optional aerobic cross train
<b>2</b>	TAPER 10/5-10/11	Optional AT run &/or Aerobic Cross Train. Light Specific Strength	BOTH: W-U w/Drills, 8-10 x 400m @ 5k pace, 400m recovery	Optional AT run 7/or Aerobic Cross Train. Light Specific Strength	FULL: 4-6 @ AT HALF: 3-5 @ AT	BOTH: up to 6 @ AT & optional aerobic cross train or Off	FULL: 8mi: final 2@MP + 4 strides HALF: 8mi: final 2mi @ 1/2MP + 4 strides	BOTH: 4 @ AT + stretch
<b>1</b>	RACE WEEK! Short & Sharpen 10/12-10/18	OFF	BOTH: 2 mi @ GOAL race pace + 6 strides. Light Specific Strength	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	<b>NIKE WOMEN'S MARATHON!</b> FULL: 26.2 miles! HALF: 13.1 miles!

### KEY

**FULL:** Miles for individuals training to RUN the marathon.

**HALF:** Miles for individuals training to RUN the HALF 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.

**W-U:** Warm Up.

**Drills:** Hops, skips, sideways runs, backward running.

**C-D:** Cool Down.

### LEVEL III - ADVANCED RUNNER

CURRENTLY RUNNING 5+ TIMES PER WEEK, UP TO 10-12 MILES FOR LONG RUN (MARATHONERS) & 8 MILES (HALF MARATHONERS), 30-40 MILES PER WEEK. INCORPORATED SPEED WORK WITHIN RECENT TRAINING CYCLE.

ADVANCED FULL MARATHONERS SHOULD HAVE PREVIOUS MARATHON EXPERIENCE. BOTH FULL AND HALF MARATHONERS ARE RACING THE DISTANCE.

#### 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

CONTINUE 5+ RUNS/WEEK, INCORPORATING SUGGESTED QUALITY WORKOUTS DURING THE WEEK AND WITHIN LONG RUNS

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

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