



## SAMPLE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Week 5 10/27 <b>SWIM</b> Workout: 50's I1  <b>LIFT: MS Phase</b> 3 sets	<b>Run Intensive Session (RIS)</b> RIS 4.1 2 sets Run 200's on : 48 seconds  <b>PowerCranks (PC)</b> 1:00 at EA	<b>SWIM</b> Workout: ESS C4  <b>Pre-Lift Run</b> :30 at MAF end w/ 3 x 100 strides  <b>LIFT: MS Phase 3</b> sets	<b>Brick Intensive Session (BIS)</b>  BIS 2.2	<b>Powercrank Brick</b>  Follow Format of QB#5 – 3 sets	<b>Endurance Run</b>  13 miles at MAF (This should be around 9:07 pace)	<b>OFF</b>	Run Phase II
Week 6 11/3 <b>SWIM</b> 1000yrd Drills  <b>LIFT: MS Phase</b> 3 sets (if hotel has a gym)  <b>Travel to San Fran</b>	<b>Run Intensive Session (RIS)</b> RIS 4.5 1 set Run 400's on 98 secs (see note 4 below)  <b>Stationary Bike</b> 1:00 at EA	<b>SWIM</b> 1000 yard drills  <b>Run</b> :30 at MAF end w/ 3 x 100 strides  <b>LIFT: MS Phase 2</b> sets (if hotel has a gym)	<b>Run Intensive Session (RIS)</b> RIS 1.4 (this can be on a treadmill at 7:33 pace for the tempo portion)  <b>Easy Spin</b> :30 on stationary bike	<b>Stationary Bike</b>  1:00 at EA	<b>Endurance Run</b>  10 miles at MAF (This should be around 9:07 pace)	<b>OFF</b>  <b>END TRAVEL</b>	Run Phase II
Week 7 11/10 <b>SWIM</b> Workout: 50's A1  <b>LIFT: MS Phase</b> 3 sets	<b>Muscle Memory Session (MMS)</b>  MMS 4.1 (10 sets)  <b>PowerCranks (PC)</b> 1:00 at EA	<b>SWIM</b> Workout: ESS A4  <b>Pre-Lift Run</b> :30 at MAF end w/ 3 x 100 strides  <b>LIFT: MS Phase 2</b> sets	<b>Brick Intensive Session (BIS)</b>  BIS 2.4	<b>PowerCranks (PC)</b> :40 at EA  Optional Transition Run :15 at MAF	<b>Endurance Run</b>  8 miles at MAF (This should be around 9:07 pace)	<b>OFF</b>	Run Phase II VDOT change 45 <b>REST</b>
Week 8 11/17 <b>SWIM</b> Workout: 50's D1  <b>LIFT: MS Phase 3</b> sets	<b>Run Intensive Session (RIS)</b> RIS 3.14 5 sets Run 800's on 3:44  <b>PowerCranks (PC)</b> 1:00 at EA	<b>SWIM</b> Workout: CSS A3  <b>Pre-Lift Run</b> :30 at MAF end w/ 3 x 100 strides  <b>LIFT: MS Phase 3</b> sets	<b>Brick Intensive Session (BIS)</b>  BIS 1.7 tempo is at 7:25 pace	<b>Powercrank Brick</b>  Follow Format of QB#5 – 3 sets	<b>Endurance Run</b>  14 miles at MAF (This should be around 8:58 pace)	<b>OFF</b>	Run Phase II



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Key Notes about this program:

1. Your heart rate zones are the same as last quarter
2. We are shifting the focus to run building for your Feb 7<sup>th</sup> marathon
3. The first phase of running is preparation. We work on stride mechanics and efficiency. This is technique building. Phase 2 and 3 we work on threshold and interval work to build speed and endurance. The final phase is race prep, which will be in your next program.
4. On the week you are in San Fran, Tuesday's run workout can be done on a treadmill. After your warm-up, then increase the speed to 6:32 / mile pace and run for 98 seconds. Recover fully before you start the next work interval.
5. You will notice a variety of workouts that specify the pace per work unit (mile, 200, 400, etc). Let me know if you have any questions regarding this info.
6. We are utilizing the Powercranks instead of a typical high run volume approach that you may see with some marathon prep programs. The PC's simulate running without the cost of the impact.

Please let me know if you have any questions.

**Priority Event / Race(s) Targeted - Marathon on Feb 7<sup>th</sup>- Run Focus Base building**

**Stress/Recovery cycle employed:** 3 week on (build) and 1 week off (rest)

**Weekly Sequence:**

<b>Monday</b>	Swim/Lift
<b>Tuesday</b>	PC / Run Quality (Primary Focus)
<b>Wednesday</b>	Swim / Lift, pre-lift run
<b>Thursday</b>	Brick Focus
<b>Friday</b>	Powercranks
<b>Saturday</b>	Endurance Run
<b>Sunday</b>	OFF

**Lift (strength training) phases:** AA, MS and ME Phases