



MORGAN HILL
MARATHON+HALF

Start Date: Aug1, 2011 Plan Weeks: 12 Length: Full Marathon

Effort	Weeks Out	Date	Day	Session	Training	Weekly Mileage (appx)	Heart Rate Goal	Notes	Weather	Health	Lifting Notes	Other
Build	12	1-Aug	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		2-Aug	Tuesday	Speed	Track or intervals		80-85%	20 min warmup run. 3 x 30 sec sprint to bring heart rate up. 6 x 800 meters (half mile) at speedy pace you can maintain. Or 6 x 2 min if you are on the road. 10-20 cooldown. 1:30 rest in between.				
		3-Aug	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		4-Aug	Thursday	Tempo	1hr 15 min		75-85%	Tempo run, try for 1 hr at race pace, after warmup				
		5-Aug	Friday	Rest Day	Rest Day							
		6-Aug	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		7-Aug	Sunday	Long Run	2:20		70-80%	Keep the pace steady. Try not to hammer!				
Build	11	8-Aug	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		9-Aug	Tuesday	Speed	Track or intervals		80-85%	20 min warmup run. 3 x 30 sec sprint to bring heart rate up. 7 x 800 meters (half mile) at speedy pace you can maintain. Or 6 x 2 min if you are on the road. 10-20 cooldown. 1:00 rest in between.				
		10-Aug	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		11-Aug	Thursday	Tempo	1hr 30 min		75-85%	Tempo run, try for 1 hr at race pace, after warmup				
		12-Aug	Friday	Rest Day	Rest Day							
		13-Aug	Saturday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		14-Aug	Sunday	Long Run	2:30		70-80%	Keep the pace steady. Try not to hammer!				
Build	9	15-Aug	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		16-Aug	Tuesday	Speed	Track or intervals		80-85%	20 min warmup run. 3 x 30 sec sprint to bring heart rate up. 8 x 800 meters (half mile) at speedy pace you can maintain. Or 6 x 2 min if you are on the road. 10-20 cooldown. 1:00 rest in between.				
		17-Aug	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		18-Aug	Thursday	Tempo	1hr 45 min		75-85%	Tempo run, try for 1 hr at race pace after warmup.				
		19-Aug	Friday	Rest Day	Rest Day							
		20-Aug	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		21-Aug	Sunday	Long Run	2:40		70-80%	Keep the pace steady. Try not to hammer!				

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Recovery	8	22-Aug	Monday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		23-Aug	Tuesday	Hills	1 hr trail run		80-85%	Fun trail run.				
		24-Aug	Wednesday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		25-Aug	Thursday	Steady state	1hr 15 min		75-85%	On flat. Work on good form and leg turn over				
		26-Aug	Friday	Rest Day	Rest Day							
		27-Aug	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		28-Aug	Sunday	Long Run	1Hr 20min		70-80%	Keep the pace steady. Try not to hammer!				
		Speed	7	29-Aug	Monday		Easy	40 min easy run.		<75%	Keep the effort easy on this run	
30-Aug	Tuesday			Speed	Track or intervals	80-85%	10 min warmup run. 3 x 30 sec sprint to bring heart rate up. 6 x 1200 meters (3/4 mile) at goal race pace you can maintain. Or 6 x 5 min if you are on the road. 10-20 cooldown. 1:30 rest in between.					
31-Aug	Wednesday			Easy	40 min easy run.	<75%	Keep the effort easy on this run					
1-Sep	Thursday			Tempo	1hr 15 min	75-85%	Tempo run, try for 1 hr at race pace, after warmup					
2-Sep	Friday			Rest Day	Rest Day							
3-Sep	Saturday			Easy	40 min easy run.	<70%	Keep the effort easy on this run					
4-Sep	Sunday			Long Run	2:50	70-80%	Key Workout					
Speed	6			5-Sep	Monday	Easy	40 min easy run.			<75%	Keep the effort easy on this run	
		6-Sep	Tuesday	Speed	Track or intervals	80-85%	10 min warmup run. 3 x 30 sec sprint to bring heart rate up. 7 x 1200 meters (3/4 mile) at speedy pace you can maintain. Or 7 x 5 min if you are on the road. 10-20 cooldown. 1:00 rest in between.					
		7-Sep	Wednesday	Easy	40 min easy run.	<75%	Keep the effort easy on this run					
		8-Sep	Thursday	Tempo	1hr 15 min	75-85%	Tempo run, try for 1 hr at race pace, after warmup					
		9-Sep	Friday	Rest Day	Rest Day							
		10-Sep	Saturday	Easy	40 min easy run.	<75%	Keep the effort easy on this run					
		11-Sep	Sunday	Long Run	3:10	70-80%	Consider MHM Pre-Run					
		Speed	5	12-Sep	Monday	Easy	40 min easy run.			<75%	Keep the effort easy on this run	
13-Sep	Tuesday			Speed	Track or intervals	80-85%	10 min warmup run. 3 x 30 sec sprint to bring heart rate up. 8 x 1200 meters (3/4 mile) at speedy pace you can maintain. Or 8 x 5 min if you are on the road. 10-20 cooldown. 1:00 rest in between.					
14-Sep	Wednesday			Easy	40 min easy run.	<75%	Keep the effort easy on this run					
15-Sep	Thursday			Tempo	1hr 20 min	75-85%	Tempo run, try for 1 hr at race pace after warmup.					
16-Sep	Friday			Rest Day	Rest Day							
17-Sep	Saturday			Easy	40 min easy run.	<70%	Keep the effort easy on this run					
18-Sep	Sunday			Long Run	3:20	70-80%	Consider the Norcal Half					
Recovery	4			19-Sep	Monday	Easy	40 min easy run.			<70%	Keep the effort easy on this run	
		20-Sep	Tuesday	Hills	1 hr trail run	80-85%	Fun trail run.					
		21-Sep	Wednesday	Easy	40 min easy run.	<70%	Keep the effort easy on this run					
		22-Sep	Thursday	Steady state	1hr 15 min	75-85%	On flat. Work on good form and leg turn over					
		23-Sep	Friday	Rest Day	Rest Day							

Effort	Weeks Out	Date	Day	Session	Training	Weekly Mileage (appx)	Heart Rate Goal	Notes	Weather	Health	Lifting Notes	Other
Race Specific	3	24-Sep	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		25-Sep	Sunday	Long Run	1hr 20min		70-80%	Keep the pace steady. Try not to hammer!				
		26-Sep	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		27-Sep	Tuesday	Speed	Track or intervals		80-85%	10 min warmup run. 3 x 30 sec sprint to bring heart rate up. 6 x 1600 meters (1 mile) at speedy pace you can maintain. Or 6 x 8 min if you are on the road. 10-20 cooldown. 1:30 rest in between.				
		28-Sep	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		29-Sep	Thursday	Tempo	1hr 05 min		75-85%	Tempo run, try for 1 hr at race pace, after warmup				
		30-Sep	Friday	Rest Day	Rest Day							
		1-Oct	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		2-Oct	Sunday	Long Run	3:30		80% +	Try to finish the last 1/4 of your run at goal race pace				
Race Specific	3	3-Oct	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		4-Oct	Tuesday	Speed	Track or intervals		80-85%	10 min warmup run. 3 x 30 sec sprint to bring heart rate up. 6 x 1600 meters (1 mile) at speedy pace you can maintain. Or 6 x 8 min if you are on the road. 10-20 cooldown. 1:30 rest in between.				
		5-Oct	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		6-Oct	Thursday	Tempo	1hr 05 min		75-85%	Tempo run, try for 1 hr at race pace, after warmup				
		7-Oct	Friday	Rest Day	Rest Day							
		8-Oct	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		9-Oct	Sunday	Long Run	3:30		80% +	Try to finish the last 1/4 of your run at goal race pace				
		10-Oct	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
Taper	2	11-Oct	Tuesday	Speed	Track or intervals		80-85%	10 min warmup run. 3 x 30 sec sprint to bring heart rate up. 4 x 1600 meters (1 mile) at goal pace you can maintain. Or 6 x 8 min if you are on the road. 10-20 cooldown. 1:00 rest in between.				
		12-Oct	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		13-Oct	Thursday	Tempo	1hr		<75%	Easy Run				
		14-Oct	Friday	Rest Day	Rest Day							
		15-Oct	Saturday	Easy	30 min easy run.		<75%	Keep the effort easy on this run				
		16-Oct	Sunday	Long Run	1:30		70-80%	Keep the pace steady. Try not to hammer!				
		17-Oct	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
Taper	1	18-Oct	Tuesday		Swim or bike, easy							
		19-Oct	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		20-Oct	Thursday	Tempo	30 min easy run							
		21-Oct	Friday	Rest Day	Rest Day							
		22-Oct	Saturday	Easy	20 min easy run		<70%					
		23-Oct	Sunday	Long Run								
										Race Day! Good Luck.		

Prepared by: South Valley Endurance Staff

Disclaimer:

All the information presented is for educational and resource purposes only. It is NOT a substitute for or an addition to any advice given to you by your Physician or Health Care Provider. Before making any changes to your lifestyle, diet or exercise habits and before implementing any information provided by South Valley Endurance you must consult your Physician. Please understand that you are solely responsible for the way information is perceived and utilized and you do so at your own risk. In no way will South Valley Endurance, LLC. or any persons associated with South Valley Endurance, LLC. be held

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responsible for any injuries or problems that may occur due to the use of program or the advice contained within.