



MORGAN HILL
MARATHON+HALF

Start Date: June 6, 2011 Plan Weeks: 20 Length: Full Marathon

Effort	Weeks Out	Date	Day	Session	Training	Weekly Mileage (appx)	Heart Rate Goal	Notes	Weather	Health	Lifting Notes	Other
Base	20	6-Jun	Monday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		7-Jun	Tuesday	Hills	6x1:00 hill reps. See notes		80-85%	Find a hill that will allow you to hold good form. Run up for 1:00, walk back as your rec. Work on holding good form. At the end of this set you should feel like you have one more effort in you.				
		8-Jun	Wednesday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		9-Jun	Thursday	Steady state	1hr 15 min		75-85%	On flat. Work on good form and leg turn over				
		10-Jun	Friday	Rest Day	Rest Day							
		11-Jun	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		12-Jun	Sunday	Long Run	1Hr 30min		70-80%	Keep the pace steady. Try not to hammer!				
Base	19	13-Jun	Monday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		14-Jun	Tuesday	Hills	7x1:00 hill reps. See notes		80-85%	Find a hill that will allow you to hold good form. Run up for 1:00, walk back as your rec. Work on holding good form. At the end of this set you should feel like you have one more effort in you.				
		15-Jun	Wednesday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		16-Jun	Thursday	Steady state	1hr 15 min		75-85%	On flat. Work on good form and leg turn over				
		17-Jun	Friday	Rest Day	Rest Day							
		18-Jun	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		19-Jun	Sunday	Long Run	1Hr 30min		70-80%	Keep the pace steady. Try not to hammer!				
Base	18	20-Jun	Monday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		21-Jun	Tuesday	Hills	8x1:00 hill reps. See notes		80-85%	Find a hill that will allow you to hold good form. Run up for 1:00, walk back as your rec. Work on holding good form. At the end of this set you should feel like you have one more effort in you.				
		22-Jun	Wednesday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		23-Jun	Thursday	Steady state	1hr 15 min		75-85%	On flat. Work on good form and leg turn over				
		24-Jun	Friday	Rest Day	Rest Day							
		25-Jun	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		26-Jun	Sunday	Long Run	1Hr 45min		70-80%	Keep the pace steady. Try not to hammer!				

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Recovery	17	27-Jun	Monday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		28-Jun	Tuesday	Hills	6x1:00 hill reps. See notes		80-85%	Find a hill that will allow you to hold good form. Run up for 1:00, walk back as your rec. Work on holding good form. At the end of this set you should feel like you have one more effort in you.				
		29-Jun	Wednesday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		30-Jun	Thursday	Steady state	1hr 15 min		75-85%	On flat. Work on good form and leg turn over				
		1-Jul	Friday	Rest Day	Rest Day							
		2-Jul	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		3-Jul	Sunday	Long Run	1Hr 20min		70-80%	Keep the pace steady. Try not to hammer!				
Base	16	4-Jul	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		5-Jul	Tuesday	Hills	8x1:00 hill reps. 1 hour total.		80-85%	Find a hill that will allow you to hold good form. Run up for 1:00, walk back as your rec. Work on holding good form. At the end of this set you should feel like you have one more effort in you.				
		6-Jul	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		7-Jul	Thursday	Steady state	1hr 15 min		75-85%	On flat. Work on good form and leg turn over				
		8-Jul	Friday	Rest Day	Rest Day							
		9-Jul	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		10-Jul	Sunday	Long Run	2:00		70-80%	Keep the pace steady. Try not to hammer!				
Base	15	11-Jul	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		12-Jul	Tuesday	Hills	9x1:00 hill reps. 1 hr total		80-85%	Find a hill that will allow you to hold good form. Run up for 1:00, walk back as your rec. Work on holding good form. At the end of this set you should feel like you have one more effort in you.				
		13-Jul	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		14-Jul	Thursday	Steady state	1hr 30 min		75-85%	On flat. Work on good form and leg turn over				
		15-Jul	Friday	Rest Day	Rest Day							
		16-Jul	Saturday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		17-Jul	Sunday	Long Run	2:05		70-80%	Keep the pace steady. Try not to hammer!				
Base	14	18-Jul	Monday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		19-Jul	Tuesday	Hills	10x1:00 hill reps. 1 hr total		80-85%	Find a hill that will allow you to hold good form. Run up for 1:00, walk back as your rec. Work on holding good form. At the end of this set you should feel like you have one more effort in you.				
		20-Jul	Wednesday	Easy	40 min easy run.		<75%	Keep the effort easy on this run				
		21-Jul	Thursday	Steady state	1hr 45 min		75-85%	On flat. Work on good form and leg turn over				
		22-Jul	Friday	Rest Day	Rest Day							
		23-Jul	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		24-Jul	Sunday	Long Run	2:15		70-80%	Keep the pace steady. Try not to hammer!				
		25-Jul	Monday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				

Effort	Weeks Out	Date	Day	Session	Training	Weekly Mileage (appx)	Heart Rate Goal	Notes	Weather	Health	Lifting Notes	Other
Recovery	13	26-Jul	Tuesday	Hills	1 hr trail run		80-85%	Fun trail run.				
		27-Jul	Wednesday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		28-Jul	Thursday	Steady state	1hr 15 min		75-85%	On flat. Work on good form and leg turn over				
		29-Jul	Friday	Rest Day	Rest Day							
		30-Jul	Saturday	Easy	40 min easy run.		<70%	Keep the effort easy on this run				
		31-Jul	Sunday	Long Run	1Hr 20min		70-80%	Keep the pace steady. Try not to hammer!				