



A RUNNING EXPERIENCE CLUB

2020 1/2 Marathon Training Schedule

Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.
Nov. 02: 3.5	0	3	XT	3	2	0
Nov. 09: 4	0	3	XT	4	2	0
Nov. 16: 5	0	3	XT	4	3	0
Nov. 23: 5K	0	3	XT	4	3	0
Nov. 30: 6	0	4	XT	4	3	0
Dec. 07: 7	0	4	XT	4	3	0
Dec. 14: 6	0	4	XT	5	3	0
Dec. 21: 8	0	4	XT	5	3	0
Dec. 28: 6	0	5	XT	5	3	0
Jan. 04: 7	0	5	XT	5	3	0
Jan. 11: 8	0	5	XT	5	4	0
Jan. 18: 9	0	5	XT	5	4	0
Jan. 25: 8	0	5	XT	5	4	0
Feb. 01: 10*	0	6	XT	6	4	0
Feb. 08: 11	0	6	XT	6	4	0
Feb. 15: 10	0	6	XT	6	3	0
Feb. 22: 12	0	7	XT	5	3	0
Feb. 29: 10	0	7	XT	3	3	0
Mar. 08:	½ Marathon!					0

**or Surf City race on February 2nd

Note: Daily numbers are listed in miles. All run distances include a 1 mi warm up and 1 mi cool down at jog pace.

Daily runs should be performed at 75-80% effort (not too hard, not too easy – able to carry on a conversation)

XT = Cross-training - swimming, biking, etc. (i.e. - elevated heart rate, low/non-impact)