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**Workout Descriptions**

**Half Marathon  
H-#1**

10 minute easy warm up jog RPE 4.  
5-minutes light stretching. Run 5 x 3 minutes steady RPE 6/7. Walk 90-seconds between each. Balance of workout recovery pace RPE 4

**H-#2**

10 minute easy warm up jog RPE 4.  
5-minutes light stretching. Run 3 x 6 minutes steady RPE 6. Walk 60-seconds between each. Balance of workout recovery pace RPE 4

**H-#3**

Long Endurance Run all at recovery pace, Nothing over RPE 4/5.

**Cross Train & Strength**

Those of you that take part in other regular activities continue to do so. This may include: Yoga, hiking, swimming, gym strength, Pilates, Spin Class. Start conservative with lighter weights.

You can always increase. The goal is NOT to go failure. Always stop when you can complete 2-3 more reps.

[RPE Chart Click Here](#)

# DECEMBER 2011

Personal Best Training Program

QUESTIONS? coachneil@trimorefitness.com or 415 515 4786

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			30 Cross 50 min	1 H#2, 55 min	2 Day Off	3 Tennessee Valley, Mill Valley 9am <a href="#">MAP</a>
4 H#3, 65-70 min	5 Day Off	6 H#1, 50 min	7 Cross 50 min	8 H#2, 55 min	9 Day Off	10 Marin Civic Center <a href="#">MAP</a>
11 H#3, 65-70 min	12 Day Off	13 H#1, 50 min	14 Cross 50 min	15 H#2, 60 min	16 Day Off	17 H#3, 85-90 min
18 San Marin Dr. at Novato Blvd 9am <a href="#">MAP</a>	19 Cross 50 min	20 H#1, 50 min	21 H#3, 85-90 min	22 Day Off	23 H#2, 60 min	24 Schollenberger Park Petaluma 9am <a href="#">MAP</a>
25 <b>Happy Holidays Everyone!</b>	26 Cross 30-45 min	27 H#1, 50 min	28 Day Off	29 H#3, 60-90 min	30 H#2, 60 min	31 Tennessee Valley, Mill Valley 9am <a href="#">MAP</a>

**Focus and Goals for December**

*Follow RPE and Durations very closely. You are now building on both. If you feel fatigued or a possible cold coming on back off for a day or two and take it easy. It is better to show up on race day 10% undertrained then 1% over trained!*