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**Workout Descriptions**

**Half Marathon  
H-#1**

15 minute easy warm up jog RPE 4.  
5-minutes light stretching. Run 5 x 3 minutes steady RPE 6/7. Walk 60-seconds between each. Balance of workout recovery pace RPE 4

**H-#2**

15 minute easy warm up jog RPE 4.  
5-minutes light stretching. Run 2 x 10 minutes steady RPE 6. Walk 2 minutes between each. Balance of workout recovery pace RPE 4

**H-#3**

Long Endurance Run all at recovery pace,  
Nothing over RPE 5.  
*Bring Fluids and Fuel!*

**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 ONLY complete 2-3 more reps.

[RPE Chart Click Here](#)

# JANUARY 2012

Personal Best Training Program

QUESTIONS? coachneil@trimorefitness.com or 415 515 4786

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>Happy New Year!</b> Easy Run Day	2 Day Off	3 H#1, 50 min	4 Cross 50 min	5 H#2, 55 min	6 Day Off	7 H#3, 8-10 miles
8 Marin Civic Center <a href="#">MAP</a>	9 Day Off	10 H#1, 50 min	11 Cross 50 min	12 H#2, 60 min	13 Day Off	14 San Marin Dr. at Novato Blvd 9am <a href="#">MAP</a>
15 H#3, 10-12 miles Fluids and Fuel	16 Cross 50 min	17 H#3, 55 min	18 Cross 50 min	19 H#2, 40 min	20 Day Off	15 H#3, 12-14 miles Fluids and Fuel
22 Schollenberger Park Petaluma 9am <a href="#">MAP</a>	23 H#3, 50 min	24 H#1, 55 min	25 Cross 50 min	26 H#2, 55 min	27 Day Off	28 Tennessee Valley, Mill Valley 9am <a href="#">MAP</a>
29 H#3, 5-7 miles Fluids and Fuel	30 Day Off	31 H#3, 4-6 miles	1 Cross 40 min	2 <b>Pre-Race Run #1</b>	3 Day Off Nothing today	4 <b>Pre-Race Run #2</b>
5 Race Day!	6 Recovery Day 20-30 min walk	7 Day Off				

**Focus and Goals for January**

*Think of your body like your car. To get the most out of it, you need keep the engine, tires and body in good condition. You must also keep fuel in the tank or you are not going very far. Keep this in mind when you are getting ready to start your day, head out for a workout or choosing your next meal.*