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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 Happy New Year! 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 MAP	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 MAP
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 MAP	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 MAP
29 H#3, 5-7 miles Fluids and Fuel	30 Day Off	31 H#3, 4-6 miles	1 Cross 40 min	2 30-min Light. Include 6x1min fast RPE 6/7.	3 Day Off Nothing today	4 30-min Light. Include 6x1min fast RPE 6/7.
5 Race Day!	6 Recovery Day 20-30 min walk	7 Day Off				

Race Day Plan

Pace, Don't Race! I want you to plan your race day from start to finish. This will help you get the most out of your day and yourself. Get you clothes ready the day before. Plan your breakfast, pre-race snack and post race recovery fuel. These suggestion are for all levels! You will feel better for the event and when you get home to watch the BIG GAME!