

PFRPC Saturday Running Schedule 2015

Ct Up	Ct Dn	LR Date	Novice	Inter.	Adv.	Location	Notes
1	18	13-Jun	6	8	10		
2	17	20-Jun	7	9	11		
3	16	27-Jun	5	6	8		
4	15	4-Jul	9	11	13		
5	14	11-Jul	10	12	14		
6	13	18-Jul	7	9	10		
7	12	25-Jul	12	14	16		
8	11	1-Aug	13	15	17		
9	10	8-Aug	10	11	12		
10	9	15-Aug	15	17	19		
11	8	22-Aug	16	18	20		
12	7	29-Aug	12	12	12		
13	6	5-Sep	18	20	20		
14	5	12-Sep	12	12	12		
15	4	19-Sep	20	20	20		
16	3	26-Sep	12	12	12		
17	2	3-Oct	8	8	8		
18	1	11-Oct	26.2	26.2	26.2		
19	0	17-Oct	4	4	4		8 AM Start

All runs are on Saturday at 7AM

Weeks highlighted are cut back weeks

Illinois Runs
Novice 2015

Novice

Ct Up	Ct Dn	Week strt	Week end	Long Run	Mid Run	Other Runs	XT	Stretch on	Abs on	Comments
1	18	7-Jun	13-Jun	6	3	2xE	2	M,W,F,Su	T,R,Sa	
2	17	14-Jun	20-Jun	7	3	2xE	2	T,R,Sa	M,W,F,Su	
3	16	21-Jun	27-Jun	5	2	1xE	1	M,W,F,Su	T,R,Sa	
4	15	28-Jun	4-Jul	9	4	2xE	2	T,R,Sa	M,W,F,Su	one run can be a race
5	14	5-Jul	11-Jul	10	5	2xE	2	M,W,F,Su	T,R,Sa	
6	13	12-Jul	18-Jul	7	3	1xE	1	T,R,Sa	M,W,F,Su	
7	12	19-Jul	25-Jul	12	6	2xE	2	M,W,F,Su	T,R,Sa	
8	11	26-Jul	1-Aug	13	6	2xE	2	T,R,Sa	M,W,F,Su	
9	10	1-Aug	8-Aug	10	5	1xE	1	M,W,F,Su	T,R,Sa	
10	9	9-Aug	15-Aug	15	7	2xE	2	T,R,Sa	M,W,F,Su	
11	8	16-Aug	22-Aug	16	8	2xE	2	M,W,F,Su	T,R,Sa	
12	7	23-Aug	29-Aug	12	6	1xE	1	T,R,Sa	M,W,F,Su	
13	6	30-Aug	5-Sep	18	9	2xE	2	M,W,F,Su	T,R,Sa	one run can be a race
14	5	6-Sep	12-Sep	12	6	1xE	1	T,R,Sa	M,W,F,Su	
15	4	13-Sep	19-Sep	20	10	2xE	2	M,W,F,Su	T,R,Sa	
16	3	20-Sep	26-Sep	12	6	1xE	2	T,R,Sa	M,W,F,Su	XT lightly
17	2	27-Sep	3-Oct	8	4	1xE	2	M,W,F,Su	T,R,Sa	XT lightly
18	1	4-Oct	11-Oct	26.2	0	2xE	0	T,R,Sa	M,W,F,Su	Race week
19	0	11-Oct	17-Oct	4	0	2xE	1	M,W,F,Su	T,R,Sa	Rest during week

Long Run at Race pace plus 1:30 mpm

Mid Run at Race pace

Easy = run at a comfortable pace

Mid Run & Other runs should equal the distance of Long Run

Illinois Runs
Intermediate 2015

Intermediate

Ct Up	Ct Dn	Week strt	Week end	Long Run	Mid Run	Other Runs	XT	Stretch on	Abs on	Comments
1	18	7-Jun	13-Jun	8	4	3xE	2	M,W,F,Su	T,R,Sa	
2	17	14-Jun	20-Jun	9	4	3xE	2	T,R,Sa	M,W,F,Su	
3	16	21-Jun	27-Jun	6	3	2xE	1	M,W,F,Su	T,R,Sa	
4	15	28-Jun	4-Jul	11	5	3xE	2	T,R,Sa	M,W,F,Su	one run can be a race
5	14	5-Jul	11-Jul	12	6	3xE	2	M,W,F,Su	T,R,Sa	
6	13	12-Jul	18-Jul	9	4	2xE	1	T,R,Sa	M,W,F,Su	
7	12	19-Jul	25-Jul	14	7	3xE	2	M,W,F,Su	T,R,Sa	
8	11	26-Jul	1-Aug	15	7	3xE	2	T,R,Sa	M,W,F,Su	
9	10	1-Aug	8-Aug	11	5	2xE	1	M,W,F,Su	T,R,Sa	
10	9	9-Aug	15-Aug	17	8	3xE	2	T,R,Sa	M,W,F,Su	
11	8	16-Aug	22-Aug	18	9	3xE	2	M,W,F,Su	T,R,Sa	
12	7	23-Aug	29-Aug	12	6	2xE	1	T,R,Sa	M,W,F,Su	
13	6	30-Aug	5-Sep	20	10	3xE	2	M,W,F,Su	T,R,Sa	one run can be a race
14	5	6-Sep	12-Sep	12	6	2xE	1	T,R,Sa	M,W,F,Su	
15	4	13-Sep	19-Sep	20	10	3xE	2	M,W,F,Su	T,R,Sa	
16	3	20-Sep	26-Sep	12	6	2xE	2	T,R,Sa	M,W,F,Su	XT lightly
17	2	27-Sep	3-Oct	8	4	2xE	2	M,W,F,Su	T,R,Sa	XT lightly
18	1	4-Oct	10-Oct	26.2	0	2xE	0	T,R,Sa	M,W,F,Su	Race week
19	0	11-Oct	17-Oct	4	0	2xE	1	M,W,F,Su	T,R,Sa	Rest during week

Long Run at Race pace plus 1:30 mpm

Mid Run at Race pace

Easy = run at a comfortable pace

Mid Run & Other runs should equal the distance of Long Run

Illinois Runs
Advanced 2015

Advanced

Ct Up	Ct Dn	Week strt	Week end	Long Run	Mid Run	Other Runs	XT	Stretch on	Abs on	Comments
1	18	7-Jun	13-Jun	10	5	2xE;1xH	2	M,W,F,Su	T,R,Sa	
2	17	14-Jun	20-Jun	11	5	3xE	2	T,R,Sa	M,W,F,Su	
3	16	21-Jun	27-Jun	8	4	1xE;1xS	1	M,W,F,Su	T,R,Sa	
4	15	28-Jun	4-Jul	13	6	2xE;1xH	2	T,R,Sa	M,W,F,Su	one run can be a race
5	14	5-Jul	11-Jul	14	7	3xE	2	M,W,F,Su	T,R,Sa	
6	13	12-Jul	18-Jul	10	5	1xE;1xS	1	T,R,Sa	M,W,F,Su	
7	12	19-Jul	25-Jul	16	8	2xE;1xH	2	M,W,F,Su	T,R,Sa	
8	11	26-Jul	1-Aug	17	8	3xE	2	T,R,Sa	M,W,F,Su	
9	10	1-Aug	8-Aug	12	6	1xE;1xS	1	M,W,F,Su	T,R,Sa	
10	9	9-Aug	15-Aug	19	9	2xE;1xH	2	T,R,Sa	M,W,F,Su	
11	8	16-Aug	22-Aug	20	10	3xE	2	M,W,F,Su	T,R,Sa	
12	7	23-Aug	29-Aug	12	6	1xE;1xS	1	T,R,Sa	M,W,F,Su	
13	6	30-Aug	5-Sep	20	10	2xE;1xH	2	M,W,F,Su	T,R,Sa	one run can be a race
14	5	6-Sep	12-Sep	12	6	3xE	1	T,R,Sa	M,W,F,Su	
15	4	13-Sep	19-Sep	20	10	1xE;1xS	2	M,W,F,Su	T,R,Sa	
16	3	20-Sep	26-Sep	12	6	2xE;1xH	2	T,R,Sa	M,W,F,Su	XT lightly
17	2	27-Sep	3-Oct	8	4	3xE	2	M,W,F,Su	T,R,Sa	XT lightly
18	1	4-Oct	10-Oct	26.2	0	1xE;1xS	0	T,R,Sa	M,W,F,Su	Race week
19	0	11-Oct	17-Oct	4	0	2xE	1	M,W,F,Su	T,R,Sa	Rest during week

Long Run at Race pace plus 1:30 mpm

Mid Run at Race pace

E = Easy = run at a comfortable pace

H = Hills = after warm up run hill repeats in good running posture

S= Speed = after warm up run 1/8 mile repeats at 5k pace

Mid Run & Other runs should equal the distance of Long Run

This is a training schedule for a half marathon that took place June 6 2015.

You can simply change your race date and work backwards to create your own, unique training program.

Ct Dn	Ct Up	Week strt	Week end	Long Run	Mid Run	Other Runs	XT	Stretch on	Abs on	Comments
18	1	8-Feb	14-Feb	5	2	2xE	1	M,W,F,Su	T,R,Sa	
17	2	15-Feb	21-Feb	6	3	1xE	2	T,R,Sa	M,W,F,Su	
16	3	22-Feb	28-Feb	4	2	1xE	1	M,W,F,Su	T,R,Sa	
15	4	1-Mar	7-Mar	7	3	2xE	2	T,R,Sa	M,W,F,Su	
14	5	8-Mar	14-Mar	8	4	2xE	2	M,W,F,Su	T,R,Sa	
13	6	15-Mar	21-Mar	6	3	1xE	1	T,R,Sa	M,W,F,Su	
12	7	22-Mar	28-Mar	10	5	1xE	2	M,W,F,Su	T,R,Sa	
11	8	29-Mar	4-Apr	11	5	1xE	2	T,R,Sa	M,W,F,Su	
10	9	5-Apr	11-Apr	6	3	1xE	1	M,W,F,Su	T,R,Sa	
9	10	12-Apr	18-Apr	12	6	1xE	2	T,R,Sa	M,W,F,Su	
8	11	19-Apr	25-Apr	13	6	1xE	2	M,W,F,Su	T,R,Sa	
7	12	26-Apr	2-May	6	3	1xE	1	T,R,Sa	M,W,F,Su	
6	13	3-May	9-May	14	7	1xE	2	M,W,F,Su	T,R,Sa	
5	14	10-May	16-May	15	7	1xE	1	T,R,Sa	M,W,F,Su	
4	15	17-May	23-May	6	3	1xE	2	M,W,F,Su	T,R,Sa	XT lightly
3	16	24-May	30-May	6	3	1xE	2	T,R,Sa	M,W,F,Su	XT lightly
2	17	31-May	6-Jun	13.1	0	2xE	0	M,W,F,Su	T,R,Sa	Race week
1	18	7-Jun	13-Jun	4	0	2xE	1	T,R,Sa	M,W,F,Su	Rest during week

Long Run at Race pace plus 1:30 mpm

Mid Run at Race pace

Easy = run at a comfortable pace

Mid Run & Other runs should equal the distance of Long Run