

2014 PARR Training Schedule

Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
	Intro	6/30	Mon	45 Minutes Easy Run	45	25 Minute Easy Run	Build Base Miles	30-40 min	20-25 min
		7/1	Tue	Off	0	Off		Off	Off
		7/2	Wed	45 Minute Easy Run	45	25 Minute Easy Run	Build Base Miles	30-40 min	20-30 min
		7/3	Thu	Off		Off		XT	XT
		7/4	Fri	Off	0	Off		Off	Off
		7/5	Sat	Sign Up Day - 50 Minutes + Core Intro	60	Sign Up - 25 Minutes + Core Intro	Building Base and Core Strength	35 min	25 min
		7/6	Sun	OFF	0	OFF		Off	Off
	Base	7/7	Mon	50 Minutes Easy Run	50	30 Minute Easy Run	Build Base Miles	35-45 min	25-30 min
		7/8	Tue	OFF	0	OFF		XT	XT
		7/9	Wed	50 Minutes Easy Run	50	30 Minutes Easy Run	Build Base Miles	35-45 min	25-30 min
		7/10	Thu	OFF	0	OFF	Recovery Day	XT	XT
		7/11	Fri	Off	0	Off	Recovery Day	OFF	OFF
		7/12	Sat	Sign Up Day - 60 Minutes + Core	70	Sign Up - 30 Minutes + Core	30 minutes. Core Work	45 min	30 min
		7/13	Sun	OFF	0	OFF	Recovery Day	XT	XT
	Base	7/14	Mon	55 Minutes Easy Run	55	35 Minutes Easy Run	Build Base Miles	40-50 min	30-35 min
		7/15	Tue	OFF	0	OFF	Recovery day. You can use this day as a rehab, stretching, massage or cross-training day and you can go for an optional recovery run.	XT	XT
		7/16	Wed	55 Minutes Easy Run	55	35 Minutes Easy Run	Build Base Miles	40-50 min	30-35 min
		7/17	Thu	OFF	0	OFF	Recovery day. You can use this day as a rehab, stretching, massage or cross-training day and you can go for an optional recovery run.	XT	XT
		7/18	Fri	Off	0	30 Minutes Easy	Recovery Day	OFF	OFF
		7/19	Sat	Sign Up Day - 60 Minutes + Core	80	Sign Up Day - 40 Minutes + Core	Build Stamina and core strength	55 min	40 min
		7/20	Sun	OFF	0	OFF	Recovery Day	XT	XT
1	Base	7/21	Mon	60 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 8-10 times followed by a 15-20 minute cool down jog	60	45 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 4-6 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		7/22	Tue	OFF	0	OFF	Recovery day. You can use this day as a rehab, stretching, massage or cross-training day and you can go for an optional recovery run.	XT	XT

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		7/23	Wed	60 Minutes: Pace Booster Run - 1-2 mile warm-up, Run 4 minutes at projected or best HM pace minus 30-45 seconds, Walk 1 minute, Repeat 4 times. Finish with cool down jog	60	45 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-45 min
		7/24	Thu	OFF	0	OFF	Recovery Day	XT	XT
		7/25	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	35	Off	Build Endurance & Stamina	OFF	OFF
		7/26	Sat	70 minutes plus core	80	50 minutes plus core	Build Endurance & Stamina. Follow up with core work out and discussion regarding post run nutrition	65 min	50 min
		7/27	Sun	OFF	0	OFF	Recovery Day	XT	XT
2	Base	7/28	Mon	65 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 10-12 times followed by a 15-20 minute cool down jog	65	50 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 6-8 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		7/29	Tue	OFF	0	OFF	Recovery Day	20-30 min	20-30 min
		7/30	Wed	65 Minutes: Pace Booster Run - 1-2 mile warm-up, Run 4 minutes at projected or best HM pace minus 30-45 seconds, Walk 1 minute, Repeat 5 times. Finish with cool down jog	65	50 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-45 min
		7/31	Thu	OFF	0	OFF	Recovery Day	XT	XT
		8/1	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	40	30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		8/2	Sat	80 minutes plus core	80	60 minutes plus core	Build Stamina and core strength	75 min	60 min
		8/3	Sun	OFF	0	OFF	Recovery Day	XT	XT
3	Base	8/4	Mon	70 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 12-14 times followed by a 15-20 minute cool down jog	70	60 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 8-10 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		8/5	Tue	OFF	0	OFF	Recovery Day	20-30 min	20-30 min
		8/6	Wed	70 Minutes: Pace Booster Run - 1-2 mile warm-up, Run 4 minutes at projected or best HM pace minus 30-45 seconds, Walk 1 minute, Repeat 6 times. Finish with cool down jog	70	50 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-45 min
		8/7	Thu	OFF	0	OFF	Recovery Day	XT	XT
		8/8	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	40	30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		8/9	Sat	90 minutes plus core	90	70 minutes plus core	Build Endurance + Stamina. Follow-up with core work out. Discuss nutrition during the week.	85 min	70 min
		8/10	Sun	OFF	0	OFF	Recovery Day	XT	XT

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Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
4	Base	8/11	Mon	75 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 3-4 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	65 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 10-12 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		8/12	Tue	OFF	0	OFF	Recovery Day	20-30 min	20-30 min
		8/13	Wed	75 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	75	50 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-45 min
		8/14	Thu	OFF	0	OFF	Recovery Day	XT	XT
		8/15	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	40	OFF OR 30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		8/16	Sat	100 minutes plus core	100	80 minutes plus core	Build Endurance & Stamina. Follow up with core workout. Discuss heart rate monitoring.	95 min	80 min
		8/17	Sun	OFF	0	OFF	Recovery Day	XT	XT
5	Base	8/18	Mon	75 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 4-5 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	65 Minutes: VO2 Max Intervals (30/30): 20 minute warm-up followed by 30 seconds fast, 30 second jog (Ensure last interval is faster than the first maintaining pace throughout). Repeat for 12-14 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		8/19	Tue	OFF	0	OFF	Recovery Day	20-30 min	20-30 min
		8/20	Wed	75 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	75	55 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-45 min
		8/21	Thu	OFF	0	OFF	Recovery Day	XT	XT
		8/22	Fri	30 to 40 minute Recovery Run	75	30 to 40 minute Recovery Run.	Recovery Day	OFF	OFF
		8/23	Sat	MM for everyone	20	MM for everyone	Run fastest mile possible	MM	MM
		8/24	Sun	OFF	0	OFF	Recovery Day	XT	XT
6	Base	8/25	Mon	75 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 5-6 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	65 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 2-3 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	35-45 min
		8/26	Tue	OFF	0	OFF	Recovery Day	20-30 min	20-30 min

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		8/27	Wed	75 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	75	55 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	XT	XT
		8/28	Thu	OFF	0	OFF	Recovery Day	45-55 min	35-45 min
		8/29	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	60	30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		8/30	Sat	110 minutes (4-6H) plus core	110	80 minutes (4-6H) plus core	Build Endurance + Stamina. Follow up with core work out. Discuss race routine.	90 min (4 H)	70 min (4 H)
		8/31	Sun	OFF	0	OFF	Recovery Day	XT	XT
7	Base	9/1	Mon	75 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 6-7 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	65 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 3-4 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	35-45 min
		9/2	Tue	OFF	0	OFF	Recovery Day	25-40 min	25-40 min
		9/3	Wed	75 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	75	60 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Stamina - lactate threshold.	45-55 min	35-45 min
		9/4	Thu	OFF	0	OFF	Recovery Day	XT	XT
		9/5	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	55	30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		9/6	Sat	120 minutes (5-7 H) plus core	120	90 minutes (5-7 H) plus core	Build Endurance & Stamina. Follow up with core workout. Discuss nutrition during the run.	90 min (5-6 H)	70 min (5-6 H)
		9/7	Sun	OFF	0	OFF	Recovery Day	XT	XT
8	Base	9/8	Mon	75 minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 7-8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	75	60 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 4-5 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	50-55 min	40-50 min
		9/9	Tue	OFF	0	OFF	Recovery Day	25-50 min	25-50 min
		9/10	Wed	75 Minutes: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	75	60 Minutes: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	Build Sprint - leg turnover and lactic acid tolerance.	50-55 min	40-50 min
		9/11	Thu	OFF	0	OFF	Recovery Day	XT	XT
		9/12	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	70	OFF OR 30 to 40 minute Recovery Run	Recovery Day	OFF	OFF

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Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
		9/13	Sat	120 minutes (6-8H) plus core	120	80 minutes (6-8 H) plus core	Build Stamina and core strength	100 min (6-8 H)	80 min (6-8 H)
		9/14	Sun	OFF	0	OFF	Recovery Day	XT	XT
9	Stamina	9/15	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 3-4 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 5-6 times ensuring you maintain pace from first to last making the last just as fast or faster than	Build Speed - Aerobic Capacity (VO2max).	50-55 min	40-50 min
		9/16	Tue	OFF	0	OFF	Recovery Day	25-50 min	25-50 min
		9/17	Wed	80 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	80	70 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Stamina - lactate threshold.	50-55 min	40-50 min
		9/18	Thu	OFF	0	OFF	Recovery Day	XT	XT
		9/19	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	65	30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		9/20	Sat	120 minutes (8-10H) or Or Bridge Series Race #1 Kemah/Seabrook 10K	120	80 minutes (8-10H) or Or Bridge Series Race #1 Kemah/Seabrook 10K	Build Stamina and core strength	100 min (6-8 H)	80 min (6-8 H)
		9/21	Sun	OFF	0	OFF	Recovery Day	XT	XT
10	Stamina	9/22	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 4-5 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 6-7 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	50-55 min	40-50 min
		9/23	Tue	OFF	0	OFF	Recovery Day	25-50 min	25-50 min
		9/24	Wed	80 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	80	70 Minutes: Pace Tempo Run - 1-2 mile warm-up, Run non-stop at FM pace or at your FM pace intervals for all but last 10 minutes or mile. Finish with cool down jog	Build Speed - Aerobic Capacity (VO2max).	50-55 min	40-50 min
		9/25	Thu	OFF	0	OFF	Recovery Day	XT	XT
		9/26	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	45	30 to 40 minute Recovery Run.	Recovery Day	OFF	OFF
		9/27	Sat	9 Mile thirds Progression Run: Run the first 3rd of the run easy, the middle 3rd - medium, and the last 3rd - medium to hard	160	90 minutes thirds Progression Run: Run the first 3rd of the run easy, the middle 3rd - medium, and the last 3rd - medium to hard	Build Endurance & Stamina. Follow up with Core Work	8 miles	6 miles
		9/28	Sun	OFF	0	OFF	Recovery or Race Day	XT	XT

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Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
11	Pre-Marathon	9/29	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 5-6 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 7-8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	50-55 min	40-50 min
		9/30	Tue	OFF/TB: Non stop run at FM minus 1 minute	45	OFF	Recovery Day	XT	XT
		10/1	Wed	90 Minutes: CHOOSE YOUR WORKOUT:	90	70 Minutes: CHOOSE YOUR WORKOUT:		50-55 min	40-50 min
				15 to 25 minute Warm-Up + Hill Repeats: 6 to 8 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down		15 to 25 minute Warm-Up + Hill Repeats: 6 to 8 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down	Build leg strength, VO2max and lactic acid tolerance.		
				15 to 30 minute Warm-Up + Fartlek Workout: 8 to 10 times 2 minutes at MM effort with 1 minute recovery jog + 15 to 30 minute Cool-down		15 to 30 minute Warm-Up + Fartlek Workout: 8 to 10 times 2 minutes at MM effort with 1 minute recovery jog + 15 to 30 minute Cool-down	Build Speed - Aerobic Capacity (VO2max).		
		10/2	Thu	OFF	0	OFF	Recovery Day		
		10/3	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	40	30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		10/4	Sat	Long Steady Run: 140 minutes	130	Long Steady Run: 100 minutes	Build Endurance & Stamina. Follow up with Core work	9 miles	5 miles
		10/5	Sun	OFF	0	OFF	Recovery Day or Race	XT	XT
12	Pre-Marathon	10/6	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Hills): 20 minute warm-up followed by starting at the bottom of the hill and running up to top at MM pace and then jog to bottom. Repeat 8 times ensuring you maintain pace from first to last making the last just as fast or faster than the first. Finish with a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		10/7	Tue	OFF/TB: Non stop run at FM minus 1 minute	45	OFF	Recovery Day	XT	XT
		10/8	Wed	90 Minutes: CHOOSE YOUR WORKOUT:	90	70 Minutes: CHOOSE YOUR WORKOUT:		45-55 min	40-50 min
				15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down		15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down	Build leg strength, VO2max and lactic acid tolerance.		
				15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery jog + 15 to 30 minute Cool-down		15 to 30 minute Warm-Up + Fartlek Workout: 5 to 6 times 3 minutes at 10k effort with 1.5 minute recovery jog + 15 to 30 minute Cool-down	Build Speed - Aerobic Capacity (VO2max).		
		10/9	Thu	OFF	0	OFF	Recovery Day	25-35 min	25-50 min
		10/10	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	75	OFF OR 30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		10/11	Sat	Run 140 Minutes minutes or Space Center 10 miler	140	Run 100 minutes or Space Center 10 miler	Build Endurance & Stamina. Follow up with Core work	10 miles	6 miles
		10/12	Sun	Space City 10 Miler	0	Space City 10 Miler	Recovery Day or Race	XT	XT

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13	Pre-Marathon	10/13	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 3-4 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 3-4 times followed by a 15-20 minute cool down jog	Build Stamina - lactate threshold.	45-55 min	40-50 min
		10/14	Tue	OFF/TB: Non stop run at FM minus 1 minute	75	OFF	Recovery Day	XT	XT
		10/15	Wed	90 Minutes: CHOOSE YOUR WORKOUT:	90	70 Minutes: CHOOSE YOUR WORKOUT:		45-55 min	40-50 min
				15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down		15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down	Build leg strength, VO2max and lactic acid tolerance.		
				15 to 30 minute Warm-Up + Fartlek Workout: 8 to 10 times 2 minutes at MM effort with 1 minute recovery jog + 15 to 30 minute Cool-down		15 to 30 minute Warm-Up + Fartlek Workout: 8 to 10 times 2 minutes at MM effort with 1 minute recovery jog + 15 to 30 minute Cool-down	Build Speed - Aerobic Capacity (VO2max).		
		10/16	Thu	OFF	0	OFF	Recovery Day	25-35 min	25-50 min
		10/17	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	80	30 to 45 minute Recovery Run	Recovery Day	OFF	OFF
		10/18	Sat	Long, Steady Run: 12 miles or the Bridge Series #2 Galveston Causeway 10K	120	Long, Steady Run: 7 miles or or the Bridge Series #2 Galveston Causeway 10K	Build Endurance & Stamina. Follow up with Core Work	11 miles	7 miles
		10/19	Sun	Off	0	Off	Have a great run!	XT	XT
14	Pre-Marathon	10/20	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 4-5 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 4-5 times followed by a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		10/21	Tue	OFF/TB: Non stop run at FM minus 1 minute	75	OFF	Recovery Day	XT	XT
		10/22	Wed	90 Minutes: CHOOSE YOUR WORKOUT:	90	70 Minutes: CHOOSE YOUR WORKOUT:		45-55 min	40-50 min
				15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down		15 to 25 minute Warm-Up + Hill Repeats: 8 to 10 times a moderately sloped hill (6-10% grade) lasting 60 to 90 seconds with the jog back down the hill as recovery + 15 to 25 minute Cool-down	Build leg strength, VO2max and lactic acid tolerance.		
				15 to 30 minute Warm-Up + Fartlek Workout: 4 to 5 times 5 minutes at Half-Marathon effort with 3 minute recovery jog + 15 to 30 minute Cool-down		15 to 30 minute Warm-Up + Fartlek Workout: 4 to 5 times 5 minutes at Half-Marathon effort with 3 minute recovery jog + 15 to 30 minute Cool-down	Build Speed - Aerobic Capacity (VO2max).		
		10/23	Thu	OFF	0	OFF	Recovery Day	25-35 min	25-50 min
		10/24	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	75	30 to 45 minute Recovery Run	Recovery Day	OFF	OFF
		10/25	Sat	Long, Steady Run: 13 miles or the Houston Half Marathon	140	Long, Steady Run: 8 miles or the Houston Half Marathon	Build Endurance & Stamina. Follow up with Core Work	12 miles	8 miles
		10/26	Sun	Houston Half Marathon or Off	0	Houston Half Marathon or Off	Race or Recovery Day		XT

2014 PARR Training Schedule

Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
15	Pre-Marathon	10/27	Mon	90 minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5-6 times followed by a 15-20 minute cool down jog	90	70 minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 5-6 times followed by a 15-20 minute cool down jog	Build Endurance + Stamina.	45-55 min	40-50 min
		10/28	Tue	OFF/TB: Non stop run at FM minus 1 minute	80	OFF	Recovery Day	XT	XT
		10/29	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	90	75 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		10/30	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		10/31	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	75	30 minute Recovery Run	Recovery Day	OFF	OFF
		11/1	Sat	Long, Steady Run: 15 miles	150	Long, Steady Run: 7 miles	Plus 6 miles Core work out	13 miles	7 miles
		11/2	Sun	OFF	0	OFF	Recovery Day	XT	XT
16	Marathon	11/3	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 3-4 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by 1/2 mile repeats ran at MM pace or faster. Maintain pace from first to last making the last just as fast or faster than the first. Repeat for 6-7 times followed by a 15-20 minute cool down jog	Build Endurance	45-55 min	40-50 min
		11/4	Tue	OFF/TB: Non stop run at FM minus 1 minute	90	OFF	Recovery Day	XT	XT
		11/5	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	90	75 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	Build Stamina - lactate threshold.	45-55 min	40-50 min
		11/6	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		11/7	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	70	OFF OR 30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		11/8	Sat	Long, Steady Run: 16 miles	160	Long, Steady Run: 9 miles	Build Endurance & Stamina. Follow up with Core Work	15 miles	9 miles
		11/9	Sun	Off	0	Off	Recovery Day	XT	XT
17	Marathon	11/10	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 4-5 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 3 times followed by a 15-20 minute cool down jog	Build Endurance + Stamina.	45-55 min	40-50 min
		11/11	Tue	OFF/TB: Non stop run at FM minus 1 minute	90	OFF	Recovery Day	XT	XT
		11/12	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	90	75 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	Build Stamina - lactate threshold.	45-55 min	40-50 min
		11/13	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		11/14	Fri	Off or 30 to 40 minute Recovery Run/TB: Recovery run easy pace	65	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF

2014 PARR Training Schedule

Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
		11/15	Sat	Long, Steady Run: 18 miles or Houston 25K Run or Bridge Series #3 La Porte HM	180	Fast Finish Long Run: 7 miles total with the last 3 miles at goal half marathon pace or Houston 25K Run or Bridge Series #3 La Porte HM	Build Endurance & Stamina. Follow Up with Core workout	16 miles	7 miles
		11/16	Sun	Houston Classical 25K or Bridge Series #3 La Porte HM	0	Houston Classical 25K or Bridge Series #3 La Porte HM	Have a Great Run	XT	XT
18	Marathon	11/17	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	90	70 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 4 times followed by a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		11/18	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT
		11/19	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	Build Stamina - lactate threshold.	45-55 min	40-50 min
		11/20	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		11/21	Fri	Off or 40 to 50 minute Recovery Run/TB: Recovery run easy pace	65	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF
		11/22	Sat	Fast Finish Long Run: 20 miles total with the last 8 miles at goal marathon pace	200	Long, Steady Run: 10 miles with the last 4 at goal half marathon pace	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	17 miles	10 miles
		11/23	Sun	OFF	0	OFF	Recovery Day	XT	XT
19	Marathon	11/24	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	90	75 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .65 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	Build Endurance + Stamina.	45-55 min	40-50 min
		11/25	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT
		11/26	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 10 to 20 seconds from slowest to progressively faster.	Build Stamina - lactate threshold.	45-55 min	40-50 min
		11/27	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		11/28	Fri	Off or 40 to 50 minute Recovery Run/TB: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	65	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF
		11/29	Sat	Long, Steady Run: 22 miles	220	Fast Finish Long Run: 11 miles total with the last 4 miles at goal half marathon pace	Build Endurance & Stamina.	18 miles	8 miles
		11/30	Sun	OFF	0	OFF	Rest	XT	XT
20	Marathon	12/1	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	90	75 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 2 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	40-50 min
		12/2	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT

2014 PARR Training Schedule

Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
		12/3	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	45-55 min	40-50 min
		12/4	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		12/5	Fri	Off or 40 to 50 minute Recovery Run/TB: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	65	OFF OR 30 to 40 minute Recovery Run	Recovery Day	OFF	OFF
		12/6	Sat	Fast Finish Long Run: 24 miles total with the last 6 miles at goal marathon pace	240	Long, Steady Run: 12 miles	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine. Plus core workout	12 miles	11 miles
		12/7	Sun	OFF	0	OFF	Recovery Day	XT	XT
21	Marathon	12/8	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 6 times followed by a 15-20 minute cool down jog	90	75 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 3 times followed by a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		12/9	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT
		12/10	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		12/11	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		12/12	Fri	OFF OR 30 to 40 minute Recovery Run/TB: Easy Recovery Run	60	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF
		12/13	Sat	26 Mile Long Steady Run.	260	Fast Finish Long Run: 13 miles total with the last 5 miles at goal half marathon pace	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine. Plus core workout	20 miles	8 miles
		12/14	Sun	BCS and Dallas Metro PCS Marathon	0	BCS and Dallas Metro PCS Marathon	Recovery Day	XT	XT
22	Marathon	12/15	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	0	80 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 4 times followed by a 15-20 minute cool down jog	Build Endurance + Stamina.	45-55 min	40-50 min
		12/16	Tue	OFF/TB: Long steady run FM - 1 min pace	80	OFF	Recovery Day	XT	XT
		12/17	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 15 to 25 seconds from slowest to progressively faster.	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		12/18	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		12/19	Fri	Off or 40 to 50 minute Recovery Run/TB: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	90	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF

2014 PARR Training Schedule

Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
		12/20	Sat	Fast Finish Run: 180 minute thirds progression run with last third at FM goal pace minus 30 seconds	180	Fast Finish Run: 90 minute thirds progression run with the last third at HM goal pace minus 30 seconds	Build Endurance & Stamina. Plus light core workout	14 miles	7 miles
		12/21	Sun		0	OFF	Recovery Day	XT	XT
23	Peak	12/22	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 6 times followed by a 15-20 minute cool down jog	90	80 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	Build Speed - Aerobic Capacity (VO2max).	45-55 min	40-50 min
		12/23	Tue	OFF/TB: Non-stop run at FM pace or at FM pace	90	OFF	Recovery Day	XT	XT
		12/24	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 20 to 30 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 20 to 30 seconds from slowest to progressively faster.	Build Stamina - lactate threshold.	45-55 min	40-50 min
		12/25	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		12/26	Fri	Off or 40 to 50 minute Recovery Run/TB: Recovery run easy pace	90	40 to 50 minute Recovery Run	Recovery Day	OFF	OFF
		12/27	Sat	Long, Steady Run: 29 miles	260	Long, Steady Run: 16 miles	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	22 miles	12 miles
		12/28	Sun	OFF	0	OFF	Recovery Day	XT	XT
24	Peak	12/29	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 6 times followed by a 15-20 minute cool down jog	90	80 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 5 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	40-50 min
		12/30	Tue	OFF/TB: Steady run FM - 1 min pace	90	OFF	Recovery Day	XT	XT
		12/31	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 25 to 35 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 25 to 35 seconds from slowest to progressively faster.	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	45-55 min	40-50 min
		1/1	Thu	OFF	90	OFF	Recovery Day	20-40 min	20-40 min
		1/2	Fri	Off or 40 to 50 minute Recovery Run/TB: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	90	OFF OR 30 minute Recovery Run	Recovery Day	OFF	OFF
		1/3	Sat	Fast Finish Long Run: 18 miles total with the last 6 miles at goal marathon pace	180	Fast Finish Long Run: 8 miles total with the last 3 miles at goal half marathon pace	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	14 miles	7 miles
		1/4	Sun	OFF	0	OFF	Recovery Day	XT	XT
25	Peak	1/5	Mon	90 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 7 times followed by a 15-20 minute cool down jog	90	80 Minutes: VO2 Max Intervals (Lactate): 20 minute warm-up followed by .75 mile repeats ran at MM pace or faster. Maintain pace from first to last making sure the last is just as fast or faster than the first. Repeat for 6 times followed by a 15-20 minute cool down jog	Build Sprint - leg turnover and lactic acid tolerance.	45-55 min	40-50 min
		1/6	Tue	OFF/TB: Steady run FM - 1 min pace	90	OFF	Recovery Day	XT	XT

2014 PARR Training Schedule

Week	Phase	Date	Day	Full Marathon	FM Time - Based Minutes	Half Marathon	Purpose	Minimum FM	Minimum HM
		1/7	Wed	90 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 25 to 35 seconds from slowest to progressively faster.	90	80 Minutes: 10-15 minute warm up, 75-80 minutes of planned intervals at goal pace minus 25 to 35 seconds from slowest to progressively faster.	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	45-55 min	40-50 min
		1/8	Thu	OFF	0	OFF	Recovery Day	20-40 min	20-40 min
		1/9	Fri	Off or 40 to 50 minute Recovery Run/TB: 15 to 30 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 15 to 30 minute Cool-down	90	OFF OR 30 minute Recovery Run	Recovery Day	OFF	OFF
		1/10	Sat	Fast Finish Run: 120 minute thirds progression run with last third at FM goal pace minus 30 seconds	160	Fast Finish Run: 90 minute thirds progression run with the last third at HM goal pace minus 30 seconds	Build endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	9 miles	6 miles
		1/11	Sun	OFF	0	OFF	Recovery Day	XT	XT
26	Peak	1/12	Mon	30 to 45 minute Easy Run/TB: Easy Run	90	30 to 45 minute Easy Run	Build Endurance	40-45 min	30-35 min
		1/13	Tue	OFF/TB: Steady run at FM - 1 min pace	45	OFF	Recovery Day	XT	XT
		1/14	Wed	Off or 40 to 50 minute Recovery Run/TB: 15 to 20 minute Warm-Up + Stride Workout: 10 to 12 times 20 seconds with 1 minute recovery jog between + 10 to 20 minute Cool-down	65	60 Minutes: 10-15 minute warm up, 45-50 minutes of planned intervals at goal pace minus 15 to 30 seconds from slowest to progressively faster.	Build Stamina - lactate threshold speed.	40-45 min	30-35 min
		1/15	Thu	30 minute Recovery Run/TB: Recovery Run	45	30 minute Recovery Run	Build Endurance	30 min	20 min
		1/16	Fri	OFF	0	OFF	Recovery Day	OFF	OFF
		1/17	Sat	20 minute Easy Run/TB: Easy Run	20	20 minute Easy Run	Nervous Energy dissipater! :)	20 min	20 min
		1/18	Sun	Race: Houston Marathon	0	Race: Houston Half Marathon	Have fun!	RACE	RACE