

Palm Beach Full Marathon 2011

Run Less Run Faster FIRST Training Schedule (by Bill Pierce, Scott Murr, Ray Moss)

<http://www2.furman.edu/sites/first/Pages/FirstTrainingPrograms.aspx>

Modified for The Breakfast Club 2011-2012

3plus2 -Three quality runs per Week and two cross-training days

Track Repeat Pace is based on Table 4.1 (page62) of Run Less Run Faster book (5K Pace or slightly faster)

Tempo Pace is based on Table 4.2 (page66) of Run Less Run Faster book (10K Pace or slightly slower)

Marathon Pace is based on Table 4.3 (page72) of Run Less Run Faster book

5K Performance	Marathon Pace	HMP	Short Tempo	Mid-Tempo	Long Tempo	Easy	400m (0.249mi)	600m (0.373mi)	800m (0.497mi)	1000m (0.621mi)	1200m (0.746mi)	1600m (0.994mi)	2000m (1.24mi)
faster group													
19:00min	7:04 (3:05:17)	6:44 (1:28:16)	6:24	6:39	6:54	7:59	1:22	2:05	2:47	3:31	4:17	5:51	7:24
20:00min	7:24 (3:14:01)	7:04 (1:32:38)	6:43	6:58	7:13	8:18	1:27	2:12	2:57	3:43	4:32	6:10	7:48
21:00min	7:47 (3:24:04)	7:27 (1:37:40)	7:03	7:18	7:33	8:38	1:31	2:19	3:07	3:55	4:46	6:30	8:12
22:00min	8:10 (3:34:07)	7:50 (1:42:41)	7:22	7:37	7:52	8:57	1:36	2:26	3:16	4:08	5:01	6:49	8:36
23:03min	8:35 (3:45:00)	8:15 (1:48:09)	7:44	7:59	8:14	9:19	1:42 (6:48)	2:35 (6:52)	3:28 (6:56)	4:22 (7:02)	5:18 (7:06)	7:11	9:04 (7:19)
slower group													
24:00min	8:53 (3:52:55)	8:33 (1:52:05)	8:00	8:15	8:30	9:35	1:46	2:41	3:36	4:32	5:30	7:27	9:24
25:00min	9:17 (4:03:24)	8:57 (1:57:20)	8:20	8:35	8:50	9:55	1:51	2:48	3:45	4:44	5:44	7:47	9:48
26:00min	9:39 (4:13:01)	9:19 (2:02:08)	8:39	8:54	9:09	10:14	1:56	2:55	3:55	4:56	5:59	8:06	10:13
26:13min	9:44 (4:15:00)	9:24 (2:12:11)	8:44	8:59	9:14	10:19	1:57 (7:48)	2:57 (7:52)	3:58 (7:56)	4:59 (8:01)	6:02 (8:05)	8:11	10:19 (8:19)
27:00min	10:01 (4:22:37)	9:41 (2:06:57)	8:58	9:13	9:28	10:33	2:00	3:03	4:05	5:08	6:13	8:25	10:37

400 meters = 0.249 miles
 800 meters = 0.497 miles
 1200 meters = 0.746 miles
 1600 meters = 0.994 miles

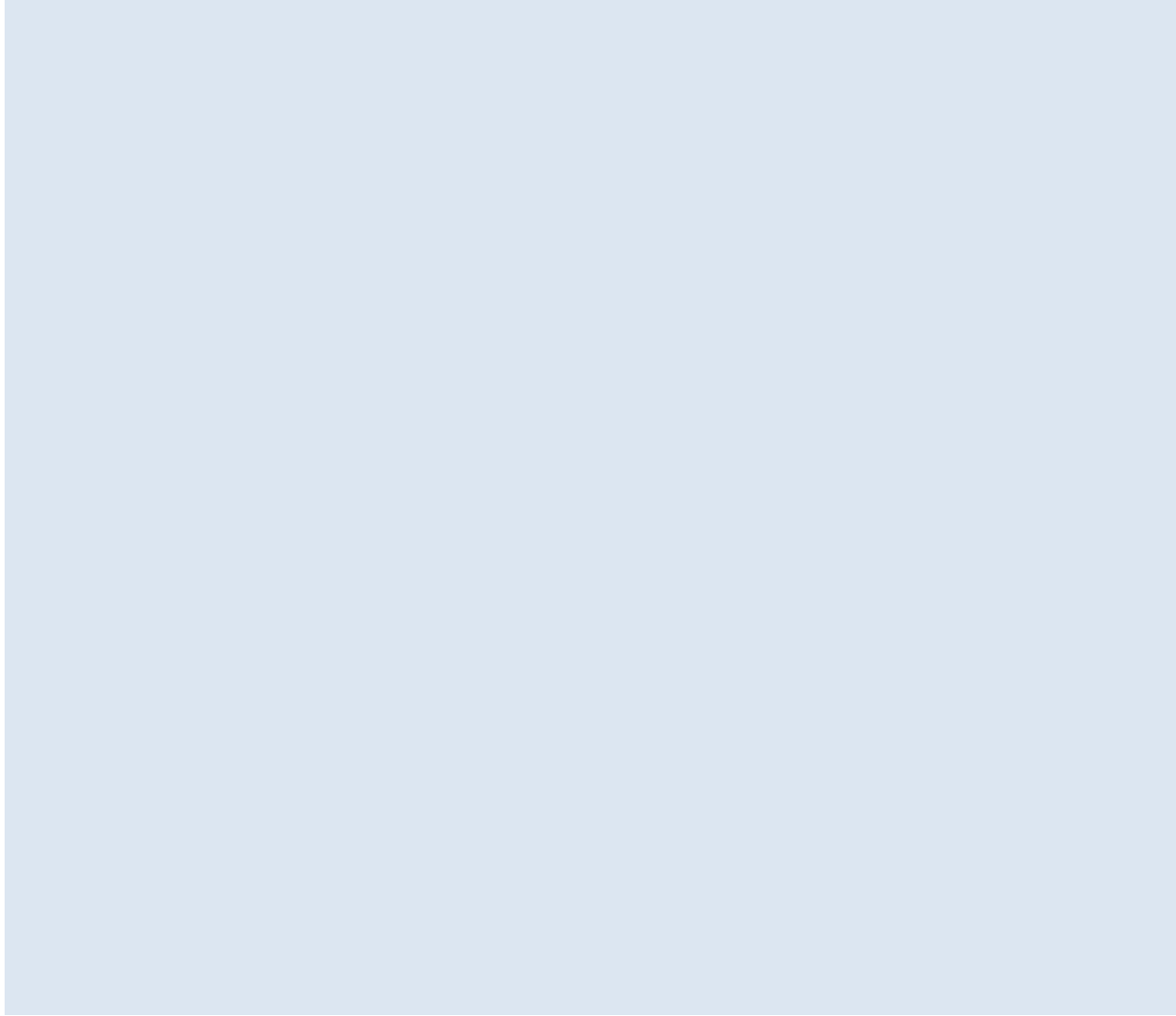
200 meters = 0.124 miles
 600 meters = 0.373 miles
 1 kilometer = 0.621 miles

Week	RLRF	Date	Long Run		Tempo Run		Track Repeats		Column D Long Run
			Sat	Sun	Mon	Tues	Wed	Thurs	
Week 0		28-May	Taper for Pinapple 5K	Off	Pinapple 5K (time trial) tempo pace will be based on this performance	6-mile run 2mils easy, 3mils short tempo pace, 1 mile easy	crosstrain	Recovery Run 3-mile easy walk/run	Off
Week 1		4-Jun	8-mile run HMP + 20secs	Off	crosstrain	6-mile run 2mils easy, 3mils short tempo pace, 1 mile easy	crosstrain	10-20m warmup, 12x400m (90s RI) (12x0.25 miles), 10 min cooldown	Off
Week 2		11-Jun	9-mile run HMP + 20secs	Off	crosstrain	6-mile run 2mils easy, 3mils short tempo pace, 1 mile easy	crosstrain	10-20m warmup, 12x400m (90s RI) (12x0.25 miles), 10 min cooldown	Off
Week 3		18-Jun	10-mile run No specific pace, easy/relaxed effort	Off	crosstrain	6-mile run 2mils easy, 3mils short tempo pace, 1 mile easy	crosstrain	10-20m warmup, 12x400m (90s RI) (12x0.25 miles), 10 min cooldown	Off
Week 4	HM18	25-Jun	9-mile run HMP + 20secs	Off	crosstrain	6-mile run 2 miles easy, 3mils short tempo pace, 1 mile easy	crosstrain	10-20m warmup, 12x400m (90s RI) (12x0.25 miles), 10 min cooldown	Off
Week 5	HM17	2-Jul	8-mile run HMP + 20secs	Off	crosstrain	5-mile run Mid-tempo Pace	crosstrain	7.75-mile run 10-20m warmup, 400, 600, 800, 1200, 800, 600, 400 (400 RI), (.25, .37, .5, .75, .5, .37, .25) 10 min cooldown	Off
Week 6	HM16	9-Jul	9-mile run HMP + 20secs	Off	crosstrain	6-mile run 2 miles easy, 3mils short tempo pace, 1 mile easy	crosstrain	6-mile run 10-20m warmup, 6x800m (90s RI), (6x0.5 miles), 10 min cooldown	Off

Week 7	M16	16-Jul	10-mile run No specific pace, easy/relaxed effort	Off	crosstrain	6-mile run 2 miles easy, 3mils short tempo pace, 1 mile easy	crosstrain	6-mile run 10-20m warmup, 3x1600m (1min RI), (3x1mile (1min RI)) 10 min cooldown	Off	13-mile run MP + 30secs
Week 8	M15	23-Jul	13-mile run MP + 30secs	Off	crosstrain	7-mile run 1 mile easy, 5mils @Marathon Pace, 1 mile easy	crosstrain	5-mile run 10-20m warmup, 4x800m (2min RI), (4x0.5 miles), 10 min cooldown	Off	15-mile run MP + 45secs
Week 9	M14	30-Jul	15-mile run MP + 45secs	Off	crosstrain	7-mile run 1 mile easy, 5mils long-tempo pace, 1 mile easy	crosstrain	6.36-mile run 10-20m warmup, 1200, 1000, 800, 600, 400, 200 (200 RI), (.75, .621, .5, .37, .25, .124) 10 min cooldown	Off	17-mile run MP + 45secs
Week 10	M13	6-Aug	17-mile run MP + 45secs	Off	crosstrain	6-mile run 1 mile easy, 4mils mid-tempo pace, 1 mile easy	crosstrain	7.4-mile run 10-20m warmup, 5x1K (400m RI), (5x.621 (.25 RI)) 10 min cooldown	Off	20-mile run MP + 60secs
Week 11	M16	13-Aug	20-mile run MP + 60secs	Off	crosstrain	6-mile run 2 miles easy, 3mils short tempo pace, 1 mile easy	crosstrain	6-mile run 10-20m warmup, 3x1600m (1min RI), (3x1mile (1min RI)) 10 min cooldown	Off	13-mile run MP + 30secs
Week 12	M15	20-Aug	13-mile run MP + 30secs	Off	crosstrain	7-mile run 1 mile easy, 5mils @Marathon Pace, 1 mile easy	crosstrain	5-mile run 10-20m warmup, 4x800m (2min RI), (4x0.5 miles), 10 min cooldown	Off	15-mile run MP + 45secs
Week 13	M14	27-Aug	15-mile run MP + 45secs	Off	crosstrain	7-mile run 1 mile easy, 5mils long-tempo pace, 1 mile easy	crosstrain	6.36-mile run 10-20m warmup, 1200, 1000, 800, 600, 400, 200 (200 RI), (.75, .621, .5, .37, .25, .124) 10 min cooldown	Off	17-mile run MP + 45secs
Week 14	M13	3-Sep	17-mile run MP + 45secs	Off	crosstrain	6-mile run 1 mile easy, 4mils mid-tempo pace, 1 mile easy	crosstrain	7.4-mile run 10-20m warmup, 5x1K (400m RI), (5x.621 (.25 RI)) 10 min cooldown	Off	20-mile run MP + 60secs
Week 15	M12	10-Sep	20-mile run MP + 60secs	Off	crosstrain	6-mile run 2 miles easy, 3mils short tempo pace, 1 mile easy	crosstrain	6-mile run 10-20m warmup, 3x1600m (1min RI), (3x1mile (1min RI)) 10 min cooldown	Off	18-mile run MP + 45secs
Week 16	M11	17-Sep	18-mile run MP + 45secs Cherish Life 10K Sept 17th	Off	crosstrain	5-mile run Mid-tempo Pace	crosstrain	6.5-mile run 10-20m warmup, 2x1200m, 4x800m, (2min RI), (2x.75, 4x.5) 10 min cooldown	Off	20-mile run MP + 45secs
Week 17	M10	24-Sep	20-mile run MP + 45secs	Off	crosstrain	8-mile run 1 mile easy, 6mils long-tempo pace, 1 mile easy	crosstrain	6-mile run 10-20m warmup, 6x800m (90s RI), (6x0.5 miles), 10 min cooldown	Off	13-mile run MP + 15secs
Week 18	M9	1-Oct	13-mile run MP + 15secs	Off	crosstrain	6-mile run 1 mile easy, 4mils mid-tempo pace, 1 mile easy	crosstrain	6-mile run 10-20m warmup, 2x (6x400m) (90sec RI), (2x(6x.25)) 2:30 RI between sets 10 min cooldown	Off	18-mile run MP + 30secs
Week 19	M8	8-Oct	18-mile run MP + 30secs	Off	crosstrain	6-mile run 1 mile easy, 4mils mid-tempo pace, 1 mile easy	crosstrain	7.25-mile run 10-20m warmup, 1 mile (400m RI), 2 miles (800m RI), 2x.5ml (400m RI), 10 min cooldown	Off	20-mile run MP + 30secs

Week 20	M7	15-Oct	20-mile run MP + 30secs	Off	crosstrain	10-mile run @ Race Pace	crosstrain	7.5-mile run 10-20m warmup, 3x (2x1200m) (2min RI), 4min RI between sets (3x(2x.75) 2min RI) 10 min cooldown	Off	15-mile run MP + 20secs
Week 21	M6	22-Oct	15-mile run MP + 20secs	Off	crosstrain	6-mile run 1 mile easy, 5mils mid-tempo pace	crosstrain	7.1-mile run 10-20m warmup, 1K, 2K, 1K, 1K (400m RI), (.62, 1.24, .62, .62 (.25 RI)) 10 min cooldown	Off	20-mile run MP + 30secs
Week 22 - Sunday	M5	30-Oct	20-mile run @ MP +30secs (Not Halloween Half Race Pace)	Off	crosstrain	10-mile run @ Race Pace	crosstrain	6.75-mile run 10-20m warmup, 3x1600m (400m RI), (3x1mile (.25 RI)) 10 min cooldown	Off	15-mile run MP + 10secs
Week 23 - Saturday Week 23 - Sunday	M4	Sat-Nov 5 Sun-Nov 6	15-mile run MP + 10secs Savannah Rock'n'Roll Marathon New York Marathon	Off	crosstrain	8-mile run @ Race Pace	crosstrain	8-mile run 10-20m warmup, 10x400m (400m RI), (10x.25 (.25 RI)) 10 min cooldown	Off	20-mile run MP + 15secs
Week 24 - Sunday	M3	13-Nov	20-mile run MP + 15secs 13.1 Ft. Lauderdale	Off	crosstrain	5-mile run Mid-tempo Pace	crosstrain	7-mile run 10-20m warmup, 8x800m (90s RI), (8x0.5 miles) 10 min cooldown 7.4-mile run	Off	13-mile run @ Race Pace
Week 25	M2	19-Nov	13-mile run @ Race Pace	Off	crosstrain	6-mile run 2 miles easy, 3mils short tempo pace, 1 mile easy	crosstrain	10-20m warmup, 5x1K (400m RI), (5x.621 (.25 RI)) 10 min cooldown	Off	10-mile run @ Marathon Race Pace
Week 26 - Thanksgiving	M1	26-Nov	10-mile run @ Marathon Race Pace	Off	crosstrain	3-mile run @ Race Pace	crosstrain	6-mile run 10-20m warmup, 6x400m (400m RI), (6x.25 (.25 RI)) 10 min cooldown	Off	Palm Beach Marathon 26.2miles @ Race Pace
Week 27 - Sunday		4-Dec	Palm Beach Marathon Dec 4th 26.2 miles @ Race Pace	Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 28		10-Dec		Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 29 - Sunday		18-Dec	Jacksonville Bank Marathon Dec 18th	Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 30 - Saturday Week 30 - Christmas (Sunday)		24-Dec		Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 31		31-Dec		Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 32 - Friday Week 32 - Saturday Week 32 - Sunday		Fri-Jan 6 Sat-Jan 7 Sun-Jan 8	RAGNAR 180 Miami to Key West Relay, Disney Marathon	Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 33		14-Jan		Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 34		21-Jan	Gator Ultra 50K Jan 21st	Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 35 - Sunday		29-Jan	Miami Marathon Jan 29th 26.2 miles @ Race Pace	Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 36		4-Feb	Fleet Feet 5k	Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 37		11-Feb		Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 38 - Sunday		19-Feb	A1A Marathon - Ft.Lauderdale	Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 39		25-Feb		Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 40		3-Mar		Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 41		10-Mar		Off	crosstrain	easy walk	crosstrain	Off	Off	
Week 42		17-Mar		Off	crosstrain	easy walk	crosstrain	Off	Off	

Week 43		24-Mar		Off	crosstrain	easy walk	crosstrain	Off	Off
Week 44 - Friday		Fri-Mar 30	525 180 Relay	Off	crosstrain	easy walk	crosstrain	Off	Off
Week 44 - Saturday		Sat-Mar 31		Off	crosstrain	easy walk	crosstrain	Off	Off
Week 45		7-Apr		Off	crosstrain	easy walk	crosstrain	Off	Off
Week 46		14-Apr		Off	crosstrain	easy walk	crosstrain	Off	Off
Week 47 - Saturday		Wed-Apr 18	Boston Marathon Wed, Apr 18	Off	crosstrain	easy walk	crosstrain	Off	Off
Week 47 - Wednesday		Sat-Apr 21		Off	crosstrain	easy walk	crosstrain	Off	Off
Week 48		28-Apr		Off	crosstrain	easy walk	crosstrain	Off	Off
Week 49		5-May		Off	crosstrain	easy walk	crosstrain	Off	Off
Week 50		12-May		Off	crosstrain	easy walk	crosstrain	Off	Off
Week 51		19-May	Keys 100 Relay	Off	crosstrain	easy walk	crosstrain	Off	Off



PACE STUDY

Broad group paces are based on performance at the Pineapple 5K, May 30, 2011 (or a recent 5K result).

This assumes there will continue to be a couple main groups with Breakfast Club (Faster, Mid-pack, and Slower).

The slower group is shooting to finish this year's full at between 4:15:00 and 4:30:00. Therefore the slower group should have 5K finish times around 26 mins.

The faster group will be shooting for Boston Qualifying times at between 3:15:00 and 3:45:00 (M) Therefore the faster group should have 5K finish times around 20 mins.

The Run Less Run Faster book has data for every performance level, but here are the major minute intervals.

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Modified for The Breakfast Club 2011-2012

3plus2 -Three quality runs per Week and two cross-training days

Track Repeat Pace is based on Table 4.1 (page62) of Run Less Run Faster book (5K Pace or slightly faster).

Tempo Pace is based on Table 4.2 (page66) of Run Less Run Faster book (10K Pace or slightly slower).

Marathon Pace is based on Table 4.3 (page72) of Run Less Run Faster book.

5K Performance	Marathon Pace	HMP	Short Tempo	Mid-Tempo	Long Tempo	Easy	400m (0.249mi)	600m (0.373mi)	800m (0.497mi)	1000m (0.621mi)	1200m (0.746mi)	1600m (0.994mi)	2000m (1.24mi)
faster group													
19:00min	7:04 (3:05.13)	6:44 (1:28.16)	6:24	6:39	6:54	7:59	1:22	2:05	2:47	3:31	4:17	5:51	7:24
20:00min	7:24 (3:14.04)	7:04 (1:32.38)	6:43	6:58	7:13	8:18	1:27	2:12	2:57	3:43	4:32	6:10	7:48
21:00min	7:47 (3:24.04)	7:27 (1:37.40)	7:03	7:18	7:33	8:38	1:31	2:19	3:07	3:55	4:46	6:30	8:12
22:00min	8:10 (3:34.07)	7:50 (1:42.41)	7:22	7:37	7:52	8:57	1:36	2:26	3:16	4:08	5:01	6:49	8:36
23:03min	8:35 (3:43.09)	8:15 (1:46.09)	7:44	7:59	8:14	9:19	1:42 (6:48)	2:35 (6:52)	3:28 (6:56)	4:22 (7:02)	5:18 (7:06)	7:11	9:04 (7:19)
slower group													
24:00min	8:53 (3:52.95)	8:33 (1:52.05)	8:00	8:15	8:30	9:35	1:46	2:41	3:36	4:32	5:30	7:27	9:24
25:00min	9:17 (4:03.24)	8:57 (1:57.20)	8:20	8:35	8:50	9:55	1:51	2:48	3:45	4:44	5:44	7:47	9:48
26:00min	9:39 (4:13.01)	9:19 (2:02.08)	8:39	8:54	9:09	10:14	1:56	2:55	3:55	4:56	5:59	8:06	10:13
26:13min	9:44 (4:15.00)	9:24 (2:12.11)	8:44	8:59	9:14	10:19	1:57 (7:48)	2:57 (7:52)	3:58 (7:56)	4:59 (8:01)	6:02 (8:05)	8:11	10:19 (8:19)
27:00min	10:01 (4:23.17)	9:41 (2:06.57)	8:58	9:13	9:28	10:33	2:00	3:03	4:05	5:08	6:13	8:25	10:37

Times Highlighted in Green are stated goals by these individuals.

Based on Run Less Run Faster Race Performance Prediction (Table 2.1 page 28)

Name	Pineapple 5K Time	10K Prediction	Half Marathon Prediction	Full Marathon Prediction	2011 Marathon Goal	Marathon Pace	HMP	Short Tempo	Mid-Tempo	Long Tempo	Easy	400m (0.249mi)	600m (0.373mi)	800m (0.497mi)	1000m (0.621mi)	1200m (0.746mi)	1600m (0.994mi)	2000m (1.24mi)	
William Salcedo	18:46.4	39:24	1:27:18	3:03:16															
Dale Ruby	19:07.7	40:06	1:28:50	3:06:31															
Mike Canan	19:15.1	40:27	1:29:37	3:08:08															
John Nehme	19:18.9	40:27	1:29:37	3:08:08															
Marathon Goal	20:03min	41:58	1:32:07	3:15:00	3:15:00	7:26 (3:15.00)	7:06 (1:33.05)	6:45	7:00	7:15	8:18	1:27	2:12	2:57	3:43	4:32	6:10	7:48	
Hector Garza	21:14.2	44:38	1:38:53	3:27:36															
Courtney Ryberg	22:29.3	47:04	1:44:17	3:38:57															
Anke Hutson	22:46.2	47:46	1:45:50	3:42:12															
Marathon Goal	23:03min	48:32	1:47:43	3:45:00	3:45:00	8:35 (3:45.00)	8:15 (1:48.09)	7:44	7:59	8:14	9:19	1:42 (6:48)	2:35 (6:52)	3:28 (6:56)	4:22 (7:02)	5:18 (7:06)	7:11	9:04 (7:19)	
Frank Fender	23:12.0	48:49	1:48:09	3:47:04	4:15:00														
Ernie Ojito	23:27.9	49:10	1:48:55	3:48:41															
Diego Jarrin	24:01*	50:34	1:52:01	3:55:10	4:15:00														
Mitzi Gilooly	25:07** <small>(Pineapple City Run May/11)</small>	52:38	1:56:38	4:04:53	4:15:00														
Amy Eversole	25:10.9	52:39	1:56:39	4:04:54	4:15:00														
Trisha Kukuvka	25:26.3	53:21	1:58:12	4:08:09	4:15:00														
Robert Audette	25:38.3	53:42	1:58:58	4:09:46															
Janet Napolitano	25:39.4	53:43	1:58:59	4:09:47															
Jena Welliever	25:59.6	54:24	2:00:31	4:13:01	4:15:00														
Giovanna Rivera	26:00.3	54:25	2:00:32	4:13:02															
Marathon Goal	26:13min	54:59	2:01:27	4:15:00	4:15:00	9:44 (4:15.00)	9:24 (2:12.11)	8:44	8:59	9:14	10:19	1:57 (7:48)	2:57 (7:52)	3:58 (7:56)	4:59 (8:01)	6:02 (8:05)	8:11	10:19 (8:19)	
Laura Glover	26:30.3	55:27	2:02:50	4:17:53															
Yuko Wood	26:46.7	56:08	2:04:22	4:21:07															
Marathon Goal	27:00min	56:29	2:05:09	4:22:44	4:22:44	10:01 (4:22.44)	9:41 (2:06.57)	8:58	9:13	9:28	10:33	2:00	3:03	4:05	5:08	6:13	8:25	10:37	

Three Quality Runs			
Type of Training	Track Repeats	Tempo Run	Long Run
Purpose	Improve max VO2, Running Speed, and Running Economy	Improve endurance by raising lactate threshold	Improve endurance by raising aerobic metabolism
Intensity	5K race pace or slightly faster	Comfortably hard; 15-45 secs slower than 5K race pace	Approximately 30 secs slower than goal marathon pace
Duration	10 mins or less	20-45 mins at tempo pace	60-180 mins
Frequency	Repeat shorter segments until quality work totals about 5K per session	One tempo run per week	One long run per week