

Pacific Coasters Sac to Sur-Beginner

Big Sur Trail Half-Marathon

Week	Date	Strength	Day 1	Day 2	Day 3	Day 4	Saturday	Minutes
1	1/22-1/28	A-1	15 walk	15 walk	Off	Off	Off	30
2	1/29-2/4	B-1	15 walk	15 walk	20 walk	Off	Off	50
3	2/5-2/11	A-1	15 walk	15 walk	20 walk	20 walk	Off	70
4	2/12-18	B-1	20 walk	20 walk	20 walk	Off	Off	60
5	2/19-2/25		Off Week					
6	2/26-3/3	A & B-1	21 2(1:4)+1	31 4(1:4)+1	21 2(1:4)+1	Off	Off	73
7	3/4-3/10	A-2	27 2(2:3)+2	32 3(2:3)+2	42 5(2:3)+2	Off	7.5-Romancing the Island Walk Up Hills/Jog Down Hills	101 + Race
8	3/11-3/17		Off Week					
9	3/18-3/24	B-2	33 3(3:2)+3	33 3(3:2)+3	43 5(3:2)+3	47 5(4:2)+2	Off	156
10	3/25-3/31	A-2	30 2(4:2)+3	30 2(4:2)+3	47 5(4:2)+2	33 3(4:1)+3	8-Urbanathlon (6:4)	140+Fun Run
11	4/1-4/7	B-2	30 1(6:4)+5	30 1(7:3)+5	50 3(7:3)+5	35 1(9:6)+5	7.5-Yolo Postal (7:3)	145+Fun Run
12	4/8-4/14		Off Week					
13	4/15-4/21	A & B-2	35 1(9:6)+5	35 1(9:6)+5	50 2(9:6)+5	40 1(12:8)+5	Off	160
14	4/22-4/28	A-3	40 1(12:8)+5	40 1(12:8)+5	45 1(16:4)+10	40 1(16:4)+5	3.1 American River Prkwy 5K (16:4)	26.10
15	4/29-5/5	B-3	33 18 jog	35 20 jog	45 1(20:5)+10	37 22 jog	Off	150
16	5/6-5/12	A-3	60 1(24:6)+15	39 24 jog	50 1(26:4)+5	43 28 jog	Off	192
17	5/13-5/19	B-3	60 1(28:7)+10	45 30 jog	47 32 jog	47 32 jog	8-Bushwacker	199+Fun Run
18	5/20-5/26		Off Week					
19	5/27-6/2	A & B-3	51 36 jog	51 36 jog	53 38 jog	55 40 jog	8-Auburn Trails (9:6)	210 + Race
20	6/3-6/9		Off Week					
21	6/10-6/16	A-4	60 45 jog	60 45 jog	60 45 jog	60 45 jog	8-Hills (LR+RP)	240 + Hills
22	6/17-6/23	B-4	60 45 jog	60 45 jog	60 45 jog	Off	5 to 9 Ragnar	240+Fun Run
23	6/24-6/30	A-4	60 45 jog	60 45 jog	Off	Off	9-Hills (LR+RP)	120 + Hills
24	7/1-7/7		Off Week					
25	7/8-7/14	B-4	5 Form	2 FL	2.5 MR+S	3 T	6.2-Davis Moonlight Run (12:3)	18.70 miles
26	7/15-7/21	A & B-4	3 H800	5 IR-B	4 MR+S	2 FL	10-Barkley	24.00 miles
27	7/22-7/28	A-5	4.5 H800	5 IR-B	4 MR+S	2.5 FL	8-Orchard Run	24.00 miles
28	7/29-8/4	B-5	4.5 H800	5 IR-D	Off	Off	11-Hills (LR+RP)	20.50 miles
29	8/5-8/11	A & B-5	5 Form	3 T	Off	Off	6.2-Hotter Than Hell Cameron Park	14.20 miles
30	8/12-8/19		Off Week					
31	8/29-8/25	A & B-5	6 H800	5 IR-D	4.5 H800	3 T	9-Hills	27.50 miles
32	8/26-9/1	A & B-5	6 H800	5 IR-G	4 H800	3 T	12-Poker Run	30.00 miles
33	9/2-9/8		Off Week					
34	9/9-9/15	A-5	7.5 H800	5 Form	3 T	3 T	10-Hills	28.50 miles
35	9/16-9/22	B-5	6 Overpass	5 Overpass	3 T	Off	8-Ashley	22.00 miles
36	9/23-9/29	A & B-5	5 Overpass	3 T	Off	Off	13.1-Big Sur Trail Half-Marathon	21.10 miles

Training Key

RSR Run+Strength+Run	Form Form Run	T Tempo Run	LR+RP Long Run + Race Pace
H800 Hills+800	IR Intensity Run	MR Mile Repeats	
MR+S Mile Repeats+Sprints	FL Fartlek	Overpass Use an overpass during your run	
Strength A =Abdominals, Push-ups & Back Extensions		Strength B =Planks & Leg Lifts	