

Pacific Coasters Sac to Sur-Intermediate

Big Sur Trail Marathon (654 miles) & Half-Marathon (567 miles)

Week	Date	Strength	Day 1	Day 2	Day 3	Day 4	Saturday	Miles
1	1/22-1/28	A-1	1	2 RSR	2	Off	Off	5.00
2	1/29-2/4	B-1	1	2.5 FL	2	Off	Off	5.50
3	2/5-2/11	A-1	2.25 MR	2	3 H800	Off	4-Jamba Run	11.25
4	2/12-18	B-1	2.25 MR	2	3 RSR	Off	5-Ashely Run (LR+RP)	12.25
5	2/19-2/25		Off Week					
6	2/26-3/3	A & B-1	2.5 FL	3.5 MR	4 RSR	2	6-Ashley Run	18.00
7	3/4-3/10	A-2	5 Form	3 T	2 T	Off	7.5-Romancing the Island	17.50
8	3/11-3/17		Off Week					
9	3/18-3/24	B-2	2 IR-D	3 H800	4.75 MR	2	8-Ashley Run (LR+RP)	19.75
10	3/25-3/31	A-2	2 IR-D	4.5 H800	5 RSR	Off	8-Urbanathlon	19.50
11	4/1-4/7	B-2	4.75 MR	3 IR-G	Off	Off	11.5-Yolo Postal	19.25
12	4/8-4/14		Off Week					
13	4/15-4/21	A & B-2	6 MR	5	4 IR-H	2	10-Ashley Run	28.25
14	4/22-4/28	A-3	6 Form	5 Form	2 T	Off	13.1 American River Parkway Half	26.10
15	4/29-5/5	B-3	5 Form	2 T	Off	Off	Off	7.00
16	5/6-5/12	A-3	4 MR+S	5 IR-H	3 RSR	2 T	14/7 Hills (LR+RP)	28.00/21.00
17	5/13-5/19	B-3	5.5 MR+S	5 IR-H	3 RSR	Off	16/8 Bushwacker	29.50/21.50
18	5/20-5/26		Off Week					
19	5/27-6/2	A & B-3	7 MR+S	5 Form	3 T	Off	8-Auburn Trails	23.00
20	6/3-6/9		Off Week					
21	6/10-6/16	A-4	7 MR+S	5 IR-H	4 RSR	2.5 FL	16/8 Hills (LR+RP)	34.50/31.00
22	6/17-6/23	B-4	5.5 MR+S	5 IR-G	3 RSR	Off	5 to 9 Ragnar	18.50-22.50
23	6/24-6/30	A-4	4 MR+S	5 IR-D	Off	Off	18/9 Hills (LR+RP)	27.00/18.00
24	7/1-7/7		Off Week					
25	7/8-7/14	B-4	5 Form	2.5 FL	4 MR+S	3 T	6.2-Davis Moonlight Run	20.70
26	7/15-7/21	A & B-4	7.5 H800	5 IR-H	5.5 MR+S	3 FL	20/10 Barkley	41.00/31.00
27	7/22-7/28	A-5	6 H800	5 IR-G	4 MR+S	2.5 FL	8-Orchard Run	25.50
28	7/29-8/4	B-5	4.5 H800	5 IR-D	Off	Off	22/11 Hills (LR+RP)	31.50/20.50
29	8/5-8/11	A & B-5	5 Form	3 T	Off	Off	6.2-Hotter Than Hell Cameron Park	14.20
30	8/12-8/19		Off Week					
31	8/29-8/25	A & B-5	7.5 H800	5 IR-H	6 H800	3 T	18/9 Hills	39.50/30.50
32	8/26-9/1	A & B-5	7.5 H800	5 IR-H	6 H800	3 T	24/12 Poker Run	45.50/33.50
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
35	9/16-9/22	B-5	6 Overpass	5 Overpass	3 T	Off	8-Ashley	22.00
36	9/23-9/29	A & B-5	5 Overpass	3 T	Off	Off	26.2-Big Sur Trail Marathon	34.20/21.10

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	