

Sunday Meet Up Location	Phase	Day of Week	Distance/Time	**Notes
San Francisco Running Company	*Endurance			
		Monday September 15th	Off	
		Tuesday September 16th	45 Mins + Core	Easy Recovery Run
		Wednesday September 17th	1 hr.	Flat Trail
		Thursday September 18th	Cross Train 30 - 60	
		Friday September 19th	Off	
		Saturday September 20th	Half Marathon - Off or Easy 1 hour	Time on your feet
			Marathon and 50K 1 Hour	Time on your feet
			50 Mile - 1.5 Hours	Time on your feet
		Sunday September 21st	Half Marathon - 1.5 hours	Long Slow Distance Pace
			Marathon and 50K - 2.5 hours	Long Slow Distance Pace
			50 Miles - 2.5 Hours	Long Slow Distance Pace
Muir Beach	*Endurance			
		Monday September 22	Off	
		Tuesday September 23	45-60 mins. + Core	Easy recovery run trail or road
		Wednesday September 24	1Hr.	Hilly Run
		Thursday September 25	1Hr-1:130 Hr.	Adding Core work
		Friday Septmeber 26	Off	
		Saturday September 27	Half Marathon - 1 hour	Time on your feet
			Marathon and 50K 1 hour	Time on your feet
			50 Miles - 1 - 1.5 hours	Time on your feet
		Sunday Septmeber 28	Half Marathon 8 Miles	Long Slow Distance on Trails
			Marathon 16 Miles, 50K - 18 Miles	Long Slow Distance on Trails
			50 Miles - 20 Miles	Long Slow Distance on Trails
Redwood Canyon Meadows Staging Area	*Endurance			
		Monday September 29	Off	
		Tuesday Septmeber 30	45-60 mins. + Core	
		Wednesday October 1	1Hr	Hilly Run or 4-6 Hill Repeats in mid run.
		Thursday October 2	1Hr-1:130 Hr.	Adding Core work
		Friday October 3	Off	
		Saturday October 4	Half Marathon - 1 hour	Time on your feet
			Marathon and 50K 1 - 1.5hour	Time on your feet
			50 Miles - 1 - 1.5 hours	Time on your feet
		Sunday October 5	Half Marathon - 6 Miles	Long Slow Distance on Trails
			Marathon and 50K - 16 Miles	Long Slow Distance on Trails
			50 Miles - 16 Miles	Long Slow Distance on Trails
Dick Collins/Golden Hills Marathon Weekend	*Endurance			
		Monday October 6	Off	
		Tuesday October 7	45-60 mins. + Core	Hilly Run or 6-8 Hill Repeats in mid run.
		Wednesday October 8	1:30 Hr	Adding Core work
		Thursday October 9	1:15-1:30 Hr.	Adding Core work
		Friday October 10	Off	
		Saturday October 11	Half Marathon - 1 hour	Time on your feet
			Marathon and 50K 1 hour	Time on your feet
			50 Miles - 1 - 1.5 hours	Time on your feet
		Sunday October 12	Half Marathon - 9 miles	Long Slow Distance on Trails
			Marathon 17 and 50K - 20 Miles	Long Slow Distance on Trails
			50 Miles - 22 Miles	Long Slow Distance on Trails
Tennessee Valley GGNRA	*Endurance			
		Monday October 13	Off	
		Tuesday October 14	45-60 mins. + Core	Easy
		Wednesday October 15	60-65 Min	Hilly Run

		Thursday October 16	1:15-1:30 Hr.	Easy with Core Work
		Friday October 17	Off	
		Saturday October 18	Half Marathon - 1 hour	Time on your feet
			Marathon and 50K 1 hour	Time on your feet
			50 Miles - 1 - 1.5 hours	Time on your feet
		Sunday October 19	Half Marathon 6 Miles	Long Slow Distance on Trails
			Marathon and 50K - 16 Miles	Long Slow Distance on Trails
			50 Miles - 16 Miles	Long Slow Distance on Trails
Rodeo Beach Marin Headlands	*Endurance			
		Monday October 20	Off	
		Tuesday October 21	45-60 mins. + Core	Easy
		Wednesday October 22	60-65 Min	Hilly Run or 6-8 Hill Repeats in mid run.
		Thursday October 23	1:15-1:30 Hr.	Easy with Core Work
		Friday October 24	Off	
		Saturday October 25	Half Marathon - 1 hour	Time on your feet
			Marathon and 50K 1 - 1.5 hour	Time on your feet
			50 Miles - 1.5 - 2.0 hours	Time on your feet
		Sunday October 26	Half Marathon 10 Miles	Long Slow Distance on Trails
			Marathon 18 Miles and 50K - 20 Miles	Long Slow Distance on Trails
			50 Miles - 24 Miles	Long Slow Distance on Trails
Mt. Tam - Location TBD	*Endurance			
		Monday October 27	Off	
		Tuesday October 28	45-60 mins. + Core	Easy
		Wednesday October 29	70 Min.	Hilly Run
		Thursday October 30	1:15-1:30 Hr.	Easy with Core Work
		Friday October 31	Off	
		Saturday November 1	Half Marathon - 1 hour	Time on your feet
			Marathon and 50K 1 hour	Time on your feet
			50 Miles - 1 - 1.5 hours	Time on your feet
		Sunday November 2	Half Marathon 11 Miles	Long Slow Distance on Trails
			Marathon and 50K - 26 Miles	Long Slow Distance on Trails
			50 Miles - 26 Miles	Long Slow Distance on Trails

*Endurance Phase - this phase involves more intensity with an emphasis on endurance and quality miles in the form of hill and speed work. It is also the opportunity to practice "time on your feet" .

**Time on your feet = run road/trails/practice fast walk Long Slow Distance is about 1 - 1.5 Minutes per mile slower than your goal race pace