

San Diego Rock n' Roll 2010 - March

Sun—Rest/Easy Mon—Tempo Tues - Easy Wed-Speed/Hills Thu—Easy Fri—Rest Sat—Long

Feb. 28th A—80 minutes	March 1st Tempo - A—44 min R—40 min W- 48 min H -28min	2 All—34 minutes EASY	3—Speed Work 2 x 1200 2 x 800 2 x 400 90 %, 3 min rest	4 EASY!!!! A—62 min R—34 min W- 38 min H -34 min	5	6 7:00 am—at Granada Park. Seminar: Injury Prevention. 8 / 5 miles
7 A—40 minutes	8 A—48 min R—42 min W- 50 min H -30 min	9 All—38 minutes EASY	10 Speed Work 2 x 1 mile 2 x 800 2 x 200 90% 2 min rest	11 A—64 min R—36 min W- 40 min H -36 min	12	13 7:00 am—Seminar on Race Preparation 9/5 miles
14 A -50 minutes	15 A—52 min R—44 min W- 52 min H -32 min	16 All—40 minutes EASY	17 Speed Work 6 x 4 minutes 2 x 2 minutes 1 x 1 minute 90% 1 minute rest	18 A—68 min R—38 min W- 42 min H -38 min	19	20 7:00 am—Seminar on Equipment 10/6
21 A—60 min. STRETCH EVERY DAY!!!!	22 A—56 min R—46 min W- 54 min H -34 min	23 All—44 minutes EASY	24 - Speed Work 7 x 800 meters Yasso's 800's	25 A—70 min R—40 min W- 44 min H -40 min	26	27 7:00 am—Seminar on Hill Running 11/6 miles
28 A—70 min. STRETCH EVERY DAY!!!!	29 A—60 min R—48 min W- 60 min H -36 min	30 All—48 minutes EASY	31- Speed Work 3 x 1 mile	April 1st A—70 min R—42 min W- 48 min H -42 min	2	3 7:00 am—Seminar on Race Prep #2, 12/7 miles

1ST MARATHON -
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A = Advanced
R = Runner
W = Walker
H = Half Marathoner

March Notes: This is a big month of training for all. You have built your machine...now we fine tune it. The focus of this month will be to build on your base and start to develop strength and speed. Throughout we will continue to teach you principles of running and health that you will tweak to fit your own specific needs. Note - we meet at 7am in March this month. We will move around a little bit so check the webs-site to confirm locations. We will run our first hills and continue to push the intensity of speed work. ...keep up the great work. you are half way home!

