

September 2011 Training Calendar

It's hard to believe we are already entering the final full month of our 2011 training season! September is packed with activities, including our own Red Rocks Challenge 5K / 10K / 20K (9/10), our season-end social event at the Sports Basement (9/24), and the start of Tapering in preparation for the half marathon (starts 9/19).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/28	8/29	8/30	8/31	9/1	9/2	9/3
REST DAY <i>Seek Balance</i>	PACE/HILLS DAY Level 1: 3 miles easy or 35 min. hills Level 2&3: 3 miles easy or 40 min. hills All: Stretch	PACE DAY (moderate) Level 1: 40 minutes Level 2&3: 45 minutes All: Stretch + strength training	REST DAY <i>Seek Balance</i>	INTERVALS DAY One mile warm-up + 8x45-45 intervals; Finish with one mile (easy) for recovery + stretch	REST DAY <i>Seek Balance</i>	DISTANCE DAY Level 1: 9-10 miles Level 2&3: 10-11 miles All: Stretch Seminar: Yoga & Meditation, Coach Amanda
9/4	9/5	9/6	9/7	9/8	9/9	9/10
REST DAY <i>Seek Balance</i>	PACE/HILLS DAY Level 1: 3 miles easy or 35 min. hills Level 2&3: 4 miles easy or 40 min. hills All: Stretch	PACE DAY (moderate) Level 1: 3-4 miles Level 2&3: 4-5 miles All: Stretch + strength training	REST DAY <i>Seek Balance</i>	INTERVALS DAY One mile warm-up + 8x45-45 intervals; Finish with one mile (easy) for recovery + stretch	REST DAY <i>Seek Balance</i>	TEAM RACE EVENT! Red Rocks Challenge 5K / 10K / 20K @ Campbell Park Sign-in starts: 7:00am Race starts: 8:00am Check in by 7:30am!
9/11	9/12	9/13	9/14	9/15	9/16	9/17
REST DAY <i>Seek Balance</i>	PACE/HILLS DAY Level 1: 3 miles easy or 35 min. hills Level 2&3: 4 miles easy or 40 min. hills All: Stretch	PACE DAY (moderate) Level 1: 3-4 miles Level 2&3: 4-5 miles All: Stretch + strength training	REST DAY <i>Seek Balance</i>	INTERVALS DAY One mile warm-up + 8x45-45 intervals; Finish with one mile (easy) for recovery + stretch	REST DAY <i>Seek Balance</i>	ROCK 'N' ROLL PREVIEW Training in downtown SJ; meet on the corner of W. Santa Clara St. & Almaden Blvd.
9/18	9/19	9/20	9/21	9/22	9/23	9/24
REST DAY <i>Seek Balance</i>	TAPERING Level 1: 3 miles easy Level 2&3: 4 miles easy All: Stretch	TAPERING Level 1: 3 miles easy Level 2&3: 4 miles easy All: Stretch	REST DAY <i>Seek Balance</i>	TAPERING Level 1: 3 miles easy Level 2&3: 4 miles easy All: Stretch	REST DAY <i>Seek Balance</i>	TAPERING All levels: 3-4 miles easy + stretch <i>RPD Season-End Party at Sports Basement 1-3pm</i>
9/25	9/26	9/27	9/28	9/29	9/30	10/1
REST DAY <i>Seek Balance</i>	TAPERING All levels: 3 miles easy + stretch	TAPERING All levels: 3 miles easy + stretch	REST DAY <i>Seek Balance</i>	TAPERING All levels: 2 miles easy + stretch; begin carbo loading	TAPERING All levels: 1-2 miles easy + stretch; carbo load; Rock 'n' Roll Expo begins	REST DAY Day before the SJ Rock 'n' Roll: <i>Seek Balance, carbo load, visit the Race Expo</i>

Level 1

- Your mile time is 15 to 30 minutes or more
- Before RPD training, you walked less than 10 miles per week
- You haven't run/walked consistently in a long time
- You have a relatively low fitness level
- You've never been a runner

Level 2

- Your mile time is 10 to 15 minutes
- You currently walk/run 10 to 15 miles per week with ease; your long runs/walks are 4 miles
- Before starting RPD training, you did not run or walk consistently, but it comes fairly easily
- You are very fit in another endurance activity, but not in running or walking

Level 3

- Your mile time is less than 10 minutes
- You currently walk/run over 20 miles per week; long runs/walks are currently 6 miles
- You run/walk daily or more than 4x per week
- You've previously been a very fit runner/walker
- You've run/walked for consistently for more than a year