

September Training Calendar

The RPD training program is designed for steady progress to build endurance. The miles/times that you walk/run will depend on your fitness level. If you feel tired, REST or reduce the indicated miles/times. Remember to LISTEN TO YOUR BODY!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9/1	9/2	9/3	9/4
			REST DAY <i>Seek Balance</i>	INTERVALS DAY ♦ All Levels: 1 mile warm-up 8x45x45 intervals* 1 mile easy to finish ♦ Stretch	REST DAY <i>Seek Balance</i>	DISTANCE DAY ♦ Level 1: 9-10 miles ♦ Levels 2 & 3: 10-11 miles ♦ All: Stretch
9/5	9/6	9/7	9/8	9/9	9/10	9/11
REST DAY <i>Seek Balance</i>	PACE/HILLS DAY ♦ Level 1: 3 miles easy or 35 min. hills ♦ Levels 2 & 3: 4 miles easy or 35-40 min. hills ♦ All: Stretch	PACE DAY ♦ Level 1: 3 miles easy ♦ Levels 2 & 3: 45 min. ♦ All: Stretch	REST DAY <i>Seek Balance</i>	INTERVALS DAY ♦ All Levels: 1 mile warm-up 8x45x45 intervals* 1 mile easy to finish ♦ Stretch	REST DAY <i>Seek Balance</i>	TEAM RACE EVENT: RED ROCKS CHALLENGE 5K / 10K / 20K ♦ Registration: 6:30 a.m. ♦ Race starts: 7:30 a.m.
9/12	9/13	9/14	9/15	9/16	9/17	9/18
REST DAY <i>Seek Balance</i>	PACE/HILLS DAY ♦ Level 1: 3 miles easy or 35 min. hills ♦ Levels 2 & 3: 4 miles easy or 35-40 min. hills ♦ All: Stretch	PACE DAY ♦ Level 1: 3-4 miles easy ♦ Levels 2 & 3: 4-5 miles easy ♦ All: Stretch + strength training	REST DAY <i>Seek Balance</i>	INTERVALS DAY ♦ All Levels: 1 mile warm-up 8x45x45 intervals* 1 mile easy to finish ♦ Stretch	REST DAY <i>Seek Balance</i>	ROCK & ROLL PREVIEW ♦ Training downtown SJ (corner of W. Santa Clara & Almaden) ♦ 5K or 10K
9/19	9/20	9/21	9/22	9/23	9/24	9/25
REST DAY <i>Seek Balance</i>	TAPERING ♦ Level 1: 3 miles easy ♦ Levels 2 & 3: 4 miles easy ♦ All: Stretch	TAPERING ♦ Level 1: 3 miles easy ♦ Levels 2 & 3: 4 miles easy ♦ All: Stretch	REST DAY <i>Seek Balance</i>	TAPERING ♦ Level 1: 3 miles easy ♦ Levels 2 & 3: 4 miles easy ♦ All: Stretch	REST DAY <i>Seek Balance</i>	DISTANCE DAY ♦ All levels: 5-8 miles + stretch RPD END-OF-SEASON PARTY @ Sports Basement Sunnyvale
9/26	9/27	9/28	9/29	9/30	10/1	10/2
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 ♦ Start carbo-loading	TAPERING ♦ All Levels: 1-2 miles easy + stretch ♦ Carbo loading ROCK & ROLL EXPO	REST DAY <i>Seek Balance</i> Carbo loading ROCK & ROLL EXPO
10/3	10/4	CONGRATULATIONS ON A GREAT SEASON!				
TEAM RACE EVENT San Jose Rock & Roll Half Marathon Downtown San Jose Start time 8:00 a.m. Arrive by 7:00 a.m.	REST DAY <i>Seek Balance</i>					

* Intervals = number of repetitions, seconds fast, seconds slow (for example 8x45x45 = 8 repetitions, 45 seconds fast, 45 seconds slow).

Training Levels Defined

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 4 times per week
- You've previously been a very fit runner or walker
- You've run/walked for consistently for more than a year