

Modesto Adult FULL MARATHON TRAINING

September 2014

August '14							October '14							November '14						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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3	4	5	6	7	8	9	5	6	7	8	9	10	11	2	3	4	5	6	7	8
10	11	12	13	14	15	16	12	13	14	15	16	17	18	9	10	11	12	13	14	15
17	18	19	20	21	22	23	19	20	21	22	23	24	25	16	17	18	19	20	21	22
24	25	26	27	28	29	30	26	27	28	29	30	31	23	24	25	26	27	28	29	
31													30							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Labor Day	2	3	4 Informational Meeting 6:30pm Center Valley Specialty Hospital 730 17th Street, Modesto	5	6	
7	8	9	10	11	12	13 Informational Meeting 12pm Center Valley Specialty Hospital 730 17th Street, Modesto	
14	15 Informational Meeting 6:30pm Center Valley Specialty Hospital 730 17th Street, Modesto	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	Shopping List: Shoes Moisture Wicker Clothes Gloves, Raingear Running Belts Hydration		Things to Remember: FULL OR HALF??? January 1st, 2015 is the "Y- Decision Point" for making the decision for the full or half marathon. Shoe Seminar 12noon 10/18/2014 Shoe Fitting & gently used shoes for donation. Shadow Chase Office 1101 Mth Street, Mod		
Legend of Running Terms			Experienced Mentors			Professional Certified Coaching Staff	
<p>Conversational Pace = a structured pace that you can run/walk and still hold a full conversation.</p> <p>Tempo Pace = a structured pace that you can run/walk and still answer questions by using a few words only.</p> <p>Fartleks Pace = Unstructured fast pace (landmark to landmark) that you can answer yes or no questions.</p>			<p>Craig Wood</p> <p>Ddee Vargas</p> <p>Kevin Willett</p> <p>Deanna Valdry</p> <p>Robert Serpa</p> <p>Sorina Angeles</p>			<p>Debbie Myetich</p> <p>Eva Jones</p> <p>Danyelle Gonzalez</p> <p>Gabriela Guerrinni</p> <p>Chad Johnson (2014 Club President)</p> <p>Rod Tilson</p>	<p>Carolee Lerma</p> <p>Fred Johnston</p> <p>Denise Pecka</p> <p>Mike Mason Head Coach RRCA Certification; FA/CPR</p> <p>Susan Taylor Head Coach RRCA Certification FA/CPR</p> <p>Bonnie Creely Coach RRCA Certification FA/CPR</p> <p>Heather Nilsson Coach RRCA Certification FA/CPR</p> <p>AJ Mitchell Coach Athletes with Disabilities CPR</p> <p>Jeff Lozano (USATF certified) SME/FA/CPR</p>

Modesto Adult FULL MARATHON TRAINING

October 2014

September '14

S	M	T	W	T	F	S
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November '14

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23	24	25	26	27	28	29
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December '14

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
East Laloma Parking SATURDAY Parking Situaton			1	2 <i>Shadowchase General Meeting 7pm</i>	3	4 Run/Walk 30 min <i>1st Team Workout</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 Workout
There is minimal parking down in the East Laloma park. As part of a warm up, we are asking you to park a couple of blocks away						
5 Recovery Run/Walk 20 min <i>Individual Workout</i> Conversational Pace	6 Rest	7 Run/Walk 35 min <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	8 Rest	9 Run/Walk 35 min <i>Individual Workout</i> 1. Warm up 10 minutes 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	10 Rest	11 Run/Walk 35 min <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
12 Recovery Run/Walk 35 min <i>Individual Workout</i> Conversational Pace	13 Rest	14 Run/Walk 35 min <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	15 Rest	16 Run/Walk 35 min <i>Individual Workout</i> 1. Warm up 15 minutes 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	17 Rest	18 Run/Walk 35 min <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo Conversational Pace See Coach 4 workout Shoe Seminar 12noon
19 Recovery Run/Walk 35 min <i>Individual Workout</i> Conversational Pace	20 Rest	21 Run/Walk 35 min <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	22 Rest	23 Run/Walk 35 min <i>Individual Workout</i> 1. Warm up 15 minutes 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	24 Rest	25 Halloween Fun Run <i>Team Work Out</i> <i>Dress in Costume</i> Meet Time TBD East La Loma Park by the Gazebo (arrive TBD) 5K Race Pace
26 Recovery Run/Walk 35 min <i>Individual Workout</i> Conversational Pace	27 Rest	28 Run/Walk 40 min <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	29 Rest	30 Run/Walk 40 min <i>Individual Workout</i> 1. Warm up 15 minutes 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	31 Rest	

Legend of Running Terms	Experienced Mentors			Professional Certified Coaching Staff
Conversational Pace = a structured pace that you can run/walk and still hold a full conversation.	Craig Wood	Debbie Myetich	Carolee Lerna	Mike Mason Head Coach RRCA Certification; FA/CPR
Tempo Pace = a structured pace that you can run/walk and you can answer questions by using a few words only.	Ddee Vargas	Eva Jones	Fred Johnston	Susan Taylor Head Coach RRCA Certification FA/CPR
Fartleks Pace = Unstructured fast pace (landmark to landmark) that you can answer yes or no questions.	Kevin Willett	Danyelle Gonzalez	Denise Pecka	Bonnie Creely Coach RRCA Certification FA/CPR
	Deanna Valdry	Gabriela Guerrinni		Heather Nilsson Coach RRCA Certification FA/CPR
	Robert Serpa	Chad Johnson (2014 Club President)		AJ Mitchell Coach Athletes with Disabilities CPR
	Sorina Angeles	Rod Tilson		Jeff Lozano (USATF certified) SME/FA/CPR

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November 2014

October '14							December '14							January '15							
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			1	2	3	4		1	2	3	4	5	6						1	2	3
5	6	7	8	9	10	11	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
12	13	14	15	16	17	18	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
19	20	21	22	23	24	25	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
26	27	28	29	30	31		28	29	30	31				25	26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Run/Walk 3 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
2 Recovery Run/Walk 40 min <i>Individual Workout</i> Conversational Pace Daylight Saving	3 Rest	4 Run/Walk 40 min <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	5 Educational Nutritional Seminar Central Valley Specialty Hospital 730 17th Street, Modesto 7:00PM	6 Run/Walk 40 min <i>Individual Workout</i> Warm up 15 minutes, Dnaynnic Stretches, Fartlek pace, Cool down <i>SC General Meeting - 7PM</i>	7 Rest	8 4 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
9 Recovery Run/Walk 40 min <i>Individual Workout</i> Conversational Pace	10 Rest	11 Run/Walk 40 min <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	12 Rest	13 Run/Walk 40 min <i>Individual Workout</i> 1. Warm up 15 minutes 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	14 Rest	15 5 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
16 Recovery Run/Walk 40 min <i>Individual Workout</i> Conversational Pace	17 Rest	18 Run/Walk 60 min <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	19 Rest	20 Run/Walk 40 min <i>Individual Workout</i> 1. Warm up 15 minutes 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	21 Rest	22 6 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
23 Recovery Run/Walk 40 min <i>Individual Workout</i> Conversational Pace	24 Rest	25 Run/Walk 60 min <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	26 Rest	27 Turkey Trot Individual Workout 5K Pace 5K or 40 min Thanksgiving	28 Rest	29 7 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
30 Recovery 3 miles <i>Individual Workout</i> Conversational Pace						

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December 2014

November '14							January '15							February '15							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	3	1	2	3	4	5	6	7
2	3	4	5	6	7	8	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
23	24	25	26	27	28	29	25	26	27	28	29	30	31								
						30															

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rest	2 Run/Walk 60 min <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	3 Educational Injury Prevention Seminar Central Valley Specialty Hospital 730 17th Street, Modesto 7:00PM	4 3 miles <i>Individual Workout</i> Warm up 15 minutes, Dnaynmic Stretches, Fartlek pace, Cool down <i>SC General Meeting - 7PM</i>	5 Rest	6 8 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
7 Recovery 3 miles <i>Individual Workout</i> Conversational Pace	8 Rest	9 4 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	10 Rest	11 3 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	12 Rest	13 Spirit of Giving 5K + 4 Miles <i>Spirit of Giving 5K Event</i> <i>Team Work Out</i> Meet Time TBD Meet Location Downtown Modesto
14 Recovery 3 miles <i>Individual Workout</i> Conversational Pace	15 Rest	16 4 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	17 Rest	18 4 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	19 Rest	20 9 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
21 Recovery 3 miles <i>Individual Workout</i> Conversational Pace	22 Rest	23 4 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	24 Rest Christmas Eve	25 3 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	26 Rest	27 10 miles Individual Work Out Meet 7:45am East La Loma Park by the Gazebo <u>Optional to the Flat Arch</u> Conversational Pace See Coach 4 workout
28 10 Miles Flat Arch Team Workout Meet Oakdale Location Meet Time TBD Conversational Pace	29 Rest	30 4 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	31 Rest New Year's Eve			

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January 2015

December '14

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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February '15

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28

March '15

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	2 Rest	3 11 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
4 Recovery 3 miles <i>Individual Workout</i> Conversational Pace	5 Rest	6 4 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	7 Rest	8 3 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	9 Rest	10 12 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
11 Recovery 4 miles <i>Individual Workout</i> Conversational Pace	12 Rest	13 4 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	14 Rest	15 4 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	16 Rest	17 10 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
18 Recovery 4 miles <i>Individual Workout</i> Conversational Pace	19 Rest	20 4 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	21 Rest	22 4 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	23 Rest	24 14 miles <i>Team Work Out</i> 7:45am East La Loma Conversational Pace See Coach 4 workout ShadowChase Banquet
25 Recovery 4 miles <i>Individual Workout</i> Conversational Pace	26 Rest	27 4 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	28 Rest	29 4 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	30 Rest	31 10 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout

Legend of Running Terms

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Fartlek Pace = Unstructured fast pace (landmark to landmark) that you can answer yes or no questions.

Experienced Mentors

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Ddee Vargas	Eva Jones	Fred Johnston
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Professional Certified Coaching Staff

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January '15

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18	19	20	21	22	23	24
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March '15

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April '15

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19	20	21	22	23	24	25	
26	27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Recovery 4 miles <i>Individual Workout</i> Conversational Pace	2 Rest	3 4 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	4 Rest	5 4 miles <i>Individual Workout</i> Warm up 15 minutes, Dynamic Stretches, Fartlek pace, Cool down <i>SC Pizza Party & GM- 7PM</i>	6 Rest	7 16 miles <i>Team Work Out</i> Meet Time 7:45am Meet Location TBD Potential Out of Town Conversational Pace
8 Recovery 4 miles <i>Individual Workout</i> Conversational Pace	9 Rest	10 5 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	11 Rest	12 5 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	13 Rest	14 10 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
15 Recovery 4 miles <i>Individual Workout</i> Conversational Pace	16 Rest Presidents' Day	17 5 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	18 Rest	19 5 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	20 Rest	21 18 miles <i>Team Work Out</i> Meet Time 7:45am Meet Location TBD Potential Out of Town Conversational Pace
22 Recovery 4 miles <i>Individual Workout</i> Conversational Pace	23 Rest	24 5 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	25 Rest	26 5 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	27 Rest	28 10 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo Conversational Pace Movie Night State Theater 1307 "J" Street - Time TBD

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March 2015

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1	2	3	4	5	6	7				1	2	3	4	3	4	5	6	7	8	9
8	9	10	11	12	13	14	5	6	7	8	9	10	11	10	11	12	13	14	15	16
15	16	17	18	19	20	21	12	13	14	15	16	17	18	17	18	19	20	21	22	23
22	23	24	25	26	27	28	19	20	21	22	23	24	25	24	25	26	27	28	29	30
							26	27	28	29	30			31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Recovery 4 miles <i>Individual Workout</i> Conversational Pace	2 Rest	3 5 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	4 Rest	5 5 miles <i>Individual Workout</i> Warm up 15 minutes, Dnaynmic Stretches, Fartlek pace, Cool down <i>SC General Meeting - 7PM</i>	6 Rest	7 20 miles <i>Team Work Out</i> Meet Time 7:45am Meet Location TBD Potential Out of Town Conversational Pace
8 Recovery 4 miles <i>Individual Workout</i> Conversational Pace	9 Rest	10 5 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	11 Rest	12 5 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	13 Rest	14 9 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
15 Recovery 3 miles <i>Individual Workout</i> Conversational Pace	16 Rest	17 3 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Tempo Pace (Strides) See Coach 4 workout	18 Rest	19 3 miles <i>Individual Workout</i> 1. Warm up 1 mile 2. Dynamic Stretch 3. Fartlek Pace 4. Cool Down & Stretch	20 Rest	21 8 miles <i>Team Work Out</i> Meet 7:45am East La Loma Park by the Gazebo (arrive 7:30am) Conversational Pace See Coach 4 workout
22 Recovery 2 miles <i>Individual Workout</i> Conversational Pace	23 Stay off Feet REST	24 2 miles <i>Team Workout</i> Meet at Virginia Corridor 6:30pm Convesational Pace See Coach 4 Workout	25 Stay off Feet REST	26 1 mile <i>Individual Workout</i> Conversational Pace	27 Pasta Dinner STAY OFF FEET AS much as possible Potential Team Meeting at Pasta Dinner	28 Expo STAY OFF FEET AS much as possible
29 Good Luck!! Marathon!! 	30 Recovery Recovery Walk 30 minutes Dynamic Stretch Important to walk on your feet and recover Static Stretching	31 Recovery Rest Dynamic Stretch				

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Tempo Pace = a structured pace that you can run/walk and you can answer questions by using a few words only.	Ddee Vargas	Eva Jones	Fred Johnston	Susan Taylor Head Coach RRCA Certification FA/CPR
Fartlek Pace = Unstructured fast pace (landmark to landmark) that you can answer yes or no questions.	Kevin Willett	Danyelle Gonzalez	Denise Pecka	Bonnie Creely Coach RRCA Certification FA/CPR
	Deanna Valdry	Gabriela Guerrinni		Heather Nilsson Coach RRCA Certification FA/CPR
	Robert Serpa	Chad Johnson (2014 Club President)		AJ Mitchell Coach Athletes with Disabilities CPR
	Sorina Angeles	Rod Tilson		Jeff Lozano (USATF certified) SME/FA/CPR

Modesto Adult FULL MARATHON TRAINING

April 2015

March '15

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May '15

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June '15

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Recovery Recovery Walk 30 minutes Dynamic Stretch	2 Recovery Rest Warm up 15 minutes, Dnaynmic Stretches, Fartlek pace, Cool down <i>SC General Meeting - 7PM</i>	3 Good Friday Rest	4 Passover Rest
5 Easter Rest	6 Individual Recovery Walk 30 minutes Dynamic Stretch	7 Individual Dynamic Stretch	8 Individual Recovery Walk 30 minutes Dynamic Stretch	9 Individual Dynamic Stretch	10 Individual Rest	11 Rest Marathon Celebration!!! Location TBD 5:00pm
12	13 Individual Recovery Walk 30 minutes Dynamic Stretch	14 Individual Run 4 miles Slow Conversational Pace	15 Individual Rest	16 Individual Run 6 miles Slow Conversational Pace	17 Individual Rest	18 Individual Keep an 8-10 Mile Base Slow Conversational Pace
19	20	21	22 Earth Day	23	24	25 Individual Keep an 8-10 Mile Base
26	27	28	29	30		

Legend of Running Terms	Experienced Mentors		Professional Certified Coaching Staff
Conversational Pace = a structured pace that you can run/walk and still hold a full conversation.	Craig Wood	Debbie Myetich	Carolee Lerma
Tempo Pace = a structured pace that you can run/walk and you can answer questions by using a few words only.	Ddee Vargas	Eva Jones	Fred Johnston
Fartlek Pace = Unstructured fast pace (landmark to landmark) that you can answer yes or no questions.	Kevin Willett	Danyelle Gonzalez	Denise Pecka
	Deanna Valdry	Gabriela Guerrinni	
	Robert Serpa	Chad Johnson (2014 Club President)	
	Sorina Angeles	Rod Tilson	
			Mike Mason Head Coach RRCA Certification; FA/CPR
			Susan Taylor Head Coach RRCA Certification FA/CPR
			Bonnie Creely Coach RRCA Certification FA/CPR
			Heather Nilsson Coach RRCA Certification FA/CPR
			AJ Mitchell Coach Athletes with Disabilities CPR
			Jeff Lozano (USATF certified) SME/FA/CPR