

2016 MOORE's MARINE CORPS TRAINING SCHEDULE

Legend: M-Marathon, U-Ultra, I-Intermediate

WEEK /Saturday	M	Tu	W	Th	F	Sa	Su	TOTAL
1 5/7	Strength Trng or I- REST	M/U-4 mi. I-:30min Tempo (optional)	Yasso 800s x 4 (1 – 2 x 800)	M/U-6 mi. Z2 I-:30min	Crosstraining* REST	M-10/U-10	M/U-5 mile Trail Run optional or REST I-5mi	27 miles
2 5/14	Strength Trng or I- REST	M/U-4 mi. I-:30min Tempo (optional)	4x 400 4x 100 I -2x400, 2x100	M/U-4 mi. Z2 I-:30min	Crosstraining* REST	10/10	5 M/U-5 mile Trail Run optional or REST I-5mi	24 miles
3 5/21	Strength Trng or I- REST	4 mi. (I-:30) Tempo (optional)	Yasso 800s x 4	M/U-6 mi. Z2 I-:30min	Crosstraining* REST	11/11 I-:15 RP	M/U-5 mile Trail Run optional or REST	28 mi
4 5/28	Strength Trng or I- REST	4 mi. (:30) Tempo (optional)	4 x 400 4 x 100	M/U-4 mi. Z2 I-:30min	Crosstraining* REST	11/11	M/U-5 mile Trail Run optional or REST I-5mi	27 mi
5 6/4	Strength Trng or I- REST	5 mi. (:45) Tempo (optional)	Yasso 800s x 4	M/U-6 mi. Z2 I-:45min	Crosstraining* REST	12/12.	M/U-5 mile Trail Run optional or REST I-6mi	31 mi
6 6/11	Strength Trng or I- REST	5 mi. (:45) Tempo (optional)	5 x 400 4 x 100	M/U-6 mi. Z2 I-:30min	Crosstraining* REST	12/12	M/U-5 mile Trail Run optional or REST I-6mi	24 mi
7 6/18	Strength Trng or I- REST	5 mi. (:45) Tempo (optional)	Yasso 800s x 5	M/U-7 mi. Z2 I-:45min	Crosstraining* REST	14/10+4Trail	M/U-5 mile Trail Run optional or REST I-7mi	33 mi
8 6/27	Strength Trng or I- REST	5 mi. Tempo (optional)	5 x 400 4 x 100	M/U-4 mi. Z2 I-:40min	Crosstraining* REST	14/10+4	M/U-5 mile Trail Run optional or REST I-7mi	29 mi
9 7/2	Strength Trng Or I- REST	5 mi. Tempo (optional)	Yasso 800s x 6	M/U-6 mi. Z2 I-45min	Crosstraining* REST	12/8+4	M/U-5 mile Trail Run optional or REST I-7mi	31 mi
10 7/9	Strength Trng Or I- REST	6 mi Tempo (optional)	3 x 1200 4 x 100	M/U-4 mi. Z2 I-30min	Crosstraining* REST	REST 16/11+5	M/U-5 mile Trail Run optional or REST I-7mi	58 mi

11 7/16	Strength Trng Or I- REST	6 mi. Tempo (optional)	Yasso 800s x 7 4.5 mi.	M/U-5 mi. Z2 I-45min	Crosstraining* REST	16/11+5	M/U-5 mile Trail Run optional or REST I-7mi	34 mi
12 7/23	Strength Trng Or I- REST	6 mi. Tempo (optional)	3 x 1200 4 x 100	M/U-6 mi. Z2 I-50min	Crosstraining* REST	12 mi	Rosaryville 50k/25k/15k/10k	34 mi
13 7/30	Strength Trng Or I- REST	6 mi. Tempo (optional).	3 x 1200 4 x 100	M/U-4 mi. Z2 I-45min	Crosstraining* REST	10 mi	M/U-5 mile Trail Run optional or REST I-8mi	30 mi
14 8/6	Strength Trng Or I- REST	7 mi Tempo (optional)	Yasso 800s x 7	Tempo 2-3-2/7 mi.	Crosstraining* REST 30min RP.	BEN MOORE Mem Half Marathon/10k 18 mi	M/U-5 mile Trail Run optional or REST I-8mi	41 mi
15 8/13	Strength Trng Or I- REST	7 mi Tempo (optional)	5 x 400 4 x 100	5 mi	Crosstraining* REST	EASTERN STATES 100 12 mi		36 mi
16 8/20	Strength Trng Or I- REST	7 mi Tempo (optional)	5 x 600 4 x 100	Tempo 2-3-2/7 mi	Crosstraining* REST *	20mi	M/U-5 mile Trail Run optional or REST I-8mi	31 mi
17 8/27	Strength Trng Or I- REST	7 mi Tempo (optional)	Yasso 800s x 9	6 mi	Crosstraining* REST *	20 mi.	ANNAPOLIS 10 MILE RUN	42 mi
18 9/3	Strength Trng Or I- REST	8mi Tempo (optional)	5 x 600 4 x 100	Tempo 2-3-2/7 mi	Crosstraining* REST	16mi	5 mile Trail Run	37 mi
19 9/10	Strength Trng Or I- REST	8mi Tempo (optional)	Yasso 800s x 10	6 mi	Crosstraining* REST	22 mi	5 mile Trail Run	40 mi
20 9/17	Strength Trng Or I- REST	8mi Tempo (optional)	4 x 400 4 x 100	Tempo 2-3-2/7 mi	Crosstraining* REST	10 mi	M/U-5 mile Trail Run optional or REST	32 mi
21 9/24	Strength Trng Or I- REST	6 mi. Tempo (optional).	3 x 1mi	6 mi	30 min RP Crosstraining* REST	20mi		35 mi

22 10/1	Strength Trng Or I- REST	5 mi. Tempo (optional).	3 x 1mi	Tempo 2-3-2/7 mi	Crosstraining* REST	16 mi /30 min RP	WINEGLASS MARATHON	31 mi
23 10/8	Strength Trng Or I- REST	4 mi. Tempo (optional).	4 x 800	Crosstraining* REST	30 min RP Crosstraining* REST	20 mi	STEAMTON MARATHON	20 mi
24 10/15	Strength Trng Or I- REST	6 mi. Race Pace (optional).	2 x 800	Tempo 1-2-1 mi	ZION HM 30 min RP Crosstraining* REST	BRYCE CANYON HM- BALTIMORE MARATHON	GRAND CANYON 20MI	35 mi
25 10/22	Light Crosstraining* REST	6 mi. Race Pace (optional).	4 x 800	Tempo 1-2-1 mi	Crosstraining* REST	PATAPSCO 50K 10 mi/ 30 min RP	REST	20 mi
26 10/29	Light Crosstraining *REST	6 mi. Race Pace (optional).	2 x 800	Tempo 2-3-2/7 mi	Crosstraining* REST	10 mi	MARINE CORPS MARATH ON	31 mi
27 11/5	Strength Trng Or I- REST	6 mi. Race Pace (optional).	2 x 800 easy	Tempo 1-2-1 mi	30 min RP Crosstraining* REST	10 mi/18 mi	NEW YORK MARATHON	36 mi
27 11/12	Strength Trng Or I- REST	6 mi. Race Pace (optional).	4 x 800	Tempo 2-3-2/7 mi	Crosstraining* REST	10 mi	RICHMOND MARATH ON	60 mi
28 11/19	Light Crosstraining *REST	6 mi. Race Pace (optional).	4 x 800	Tempo 2-3-2/7 mi	30 min RP Crosstraining* REST	JFK 50 14mi	PHILA MARATH ON	41 mi
29 11/26	Strength Trng Or I- REST	4 mi. Race Pace (optional).	2 x 800	Tempo 1-2-1 mi	Crosstraining* REST	10mi	NCR MARATH ON TBD	22 mi
30 12/3	Strength Trng Or I- REST	4mi. Race Pace (optional).	2 x 800	Tempo 1-2-1/7 mi	Crosstraining* REST	12 mi	5 mile Trail Run Optional	29 mi

Running Drills

Two-Legged Hop: (3 x 30-seconds with 30 seconds recovery) Stand in the running posture with your arms at your sides and begin to “bounce”, hopping just a quarter inch or less in the air. Hop very, very quickly. *Make sure that the knee angle stays constant and that all vertical movement comes from the elastic recoil action in the feet and calves.* Concentrate on relaxation, especially in the quadriceps. **Keep the hopping extremely quick, so that your feet land 180 times per minute.**

Skip Series

-Skip easy 100m recovery between)
-High knee skips slightly bent. Hold a 5K
-Pull backs degrees
-Butt kicks opposite direction.

Cadence Series

-Pitter patter

-High knees

-Pitter patter with high knees

Core Routine

Medicine Ball Rotations: (3 sets of 40 seconds w/ 20 seconds

Stand with feet slightly wider than shoulder width and knees ball shoulder height at arms length in front of you. Explosively rotate 90 degrees to one side, immediately reverse direction, rotating 180deg

Prone Bridge: (3 sets of 45 seconds, alternating with Lateral Bridge) In a

facedown position on the floor, balance on the tips of your toes and elbows. The elbows should be positioned directly beneath the shoulders.

Lateral Bridge: (3 sets of 45 seconds, alternating with Prone Bridge) Lie on your right side on the floor. Raise your weight up onto your right elbow with the elbow directly beneath the shoulder

One-Legged Forward Hop: (3 sets of 8 reps each) Stand with your weight on your right foot and your left foot held off the ground. Hop forward on your right leg for 15 repetitions, keeping contact time between your foot and the ground minimal, but hopping as far as possible. Turn around and hop back to the starting point on your left leg and repeat for the indicated number of repetitions. Make these powerful.