




# HALF MARATHON

## BEGINNERS TRAINING PLAN

### 12 - WEEK PROGRAM

| WEEK | SUN   | MON | TUE            | WED  | THU | FRI  | SAT  | MILES |
|------|---|-----|----------------|------|-----|------|------|-------|
| 1    | REST  | 2   | 5-15-5<br>FL   | 3    | CT  | REST | 4    | 10-12 |
| 2    | REST  | 2   | 3 @<br>PACE    | 3    | CT  | REST | 5    | 13    |
| 3    | REST  | 3   | 5-20-5<br>FL   | 3    | CT  | REST | 6    | 14-16 |
| 4    | REST  | 3   | 4 @<br>PACE    | 3    | CT  | REST | 4    | 14    |
| 5    | REST  | 4   | 10-20-10<br>FL | 3    | CT  | REST | 7    | 16-18 |
| 6    | REST  | 4   | 4 @<br>PACE    | 3    | CT  | REST | 8    | 19    |
| 7    | REST  | 5   | 10-25-10<br>FL | 3    | CT  | REST | 9    | 20-22 |
| 8    | REST  | 5   | 5 @<br>PACE    | 3    | CT  | REST | 6    | 19    |
| 9    | REST  | 4   | 10-30-10<br>FL | 3    | CT  | REST | 10   | 21-23 |
| 10   | REST  | 4   | 6 @<br>PACE    | 3    | CT  | REST | 11   | 24    |
| 11   | REST  | 3   | 10-20-10<br>FL | 3    | CT  | REST | 6    | 15-17 |
| 12   | REST  | 3   | 2-3 @<br>PACE  | REST | 2-3 | 2-3  | REST |       |
|      |  RACE DAY! |     |                |      |     |      |      |       |

WE HAVE GROUP RUNS ON MONDAY AND WEDNESDAY THAT FIT THIS SCHEDULE NICELY, AS WELL AS PACED LONG RUNS ON SATURDAYS. YOU ARE ALSO WELCOME TO DROP IN ON OUR COACHED TUESDAY SPEED WORKOUTS FOR \$5 AND STRENGTH TRAINING CLASS ON THURSDAYS FOR \$12

#### KEY:

FL = FARTLEK. A RUN DURING WHICH YOU ALTERNATE BETWEEN FAST AND EASY PACES. WE SUGGEST A 1 MIN HARD, 2 MINS EASY REPEATED CYCLE, AS YOU GET STRONGER TRY WORKING UP TO 3 MINS HARD, 1 MIN EASY. THE FORMAT [5-15-5] MEANS 5-MINUTE WARM-UP JOG, THEN 15-MINUTE FARTLEK, THEN 5-MINUTE COOL DOWN JOG.

CT = CROSS TRAIN. HIT THE GYM, SWIM, CYCLE, ETC. ANYTHING TO GET YOUR HEART RATE UP WITHOUT RUNNING.

@ PACE = RUN AT THE PACE YOU HOPE TO RUN YOUR HALF MARATHON.