

BEGINNER HALF MARATHON TRAINING PLAN

RACE:

YEAR :

MON	TUE	WED	THU	FRI	SAT	SUN
2 Miles 1 min run/1 min walk	2 Miles 2 min run/1 min walk	30 Min XT or Powerwalk	3 Miles 1 min run/1 min walk	2 Miles 1 min run/2 min walk	4 Miles AMRAP	Rest Day
3 Miles 1 min run/1 min walk	2 Miles 2 min run/1 min walk	30 Min XT or Powerwalk	3 Miles 1 min run/1 min walk	2 Miles 1 min run/1 min walk	5 Miles AMRAP	Rest Day
3 Miles 2 min run/1 min walk	3 Miles AMRAP	30 Min XT or Powerwalk	3 Miles 2 min run/1 min walk	3 Miles 1 min run/1 min walk	6 Miles AMRAP	Rest Day
3 Miles 2 min run/30 second walk	3 Miles AMRAP	30 Min XT or Powerwalk	3 Miles 3 min run/1 min walk	3 Miles 2 min run/30 second walk	7 Miles AMRAP	Rest Day
3 Miles 4 min run/1 min walk	3 Miles AMRAP	30 Min XT or Powerwalk	4 Miles 4 min run/1 min walk	3 Miles 2 min run/30 second walk	8 Miles AMRAP	Rest Day
4 Miles 5 min run/1 min walk	3 Miles AMRAP +4-6 Strides	30 Min XT or Powerwalk	4 Miles 5 min run/1 min walk	3 Miles 3 min run/30 second walk	8-9 Miles AMRAP	Rest Day

TIPS

- Wear your race-day shoes, outfit, & accessories during workouts and long runs throughout your training to prevent race-day faux pas
- Hydrate well during race week- no matter what race day weather looks like
- A 5-minute dynamic warmup before your runs will help reduce soreness and injury risk

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Contact Lindsey@FitnessSports.com for questions or for an individualized plan!

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MON	TUE	WED	THU	FRI	SAT	SUN
4 Miles 5 min run/1 min walk	3 Miles Uptempo Over Hills +4-6 Strides	30 Min XT or Powerwalk	4 Miles 5 min run/1 min walk	3 Miles 4 min run/30 second walk	9 Miles AMPRAP	Rest Day
4 Miles AMPRAP	3 Miles Progression +4-6 Strides	30 Min XT or Powerwalk	4 Miles AMPRAP	3 Miles AMRAP +4-6 Strides	10 Miles AMPRAP	Rest Day
4 Miles AMPRAP	4 Miles Uptempo Over Hills +4-6 Strides	30 Min XT or Powerwalk	4 Miles AMPRAP	3 Miles AMRAP +4-6 Strides	10-11 Miles AMPRAP	Rest Day
4 Miles AMPRAP	5 Miles Progression +4-6 Strides	30 Min XT or Powerwalk	4 Miles AMPRAP	3 Miles AMRAP +4-6 Strides	11-12 Miles AMPRAP	Rest Day
3 Miles AMPRAP	3 Miles AMRAP +4-6 Strides	30 Min XT or Powerwalk	3 Miles AMPRAP	3 Miles AMRAP +4-6 Strides	8 Miles AMPRAP	Rest Day
2 Miles AMPRAP	3 Miles AMRAP	30 Min XT or Powerwalk	3 Miles AMPRAP	2 Miles AMRAP +4-6 Strides	RACE DAY	

TIPS

- View the race map to plan your hydration and nutrition stops; alternate your intakes every 30-45 minutes during the race
- If you are traveling to the race, ensure you have supportive shoes to wear around town outside of your runs
- Doing a 5-10 minute jog/power walk, dynamic stretches, and 4-6 strides over half an hour ahead of the race will help you feel warmed up and stretched out

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KEY TERMS

Strides

- Begin after your heartrate has slowed post-run
- Generally 80-100 meters long
- 85-90% of sprint pace, focused on good form

amPRAP

- Stands for "As Much Running As Possible"
- Try to run the entire mileage, even if it has to be a slower pace. Walk only as needed
- The goal is to keep the heart rate elevated for the entirety of the run

Uptempo Over Hills

- Pick a hilly route or utilize the incline on your treadmill
- Flat/downhill portions of your run are an easy jog or walk
- Uphill portions are an area to surge and increase pace! Focus on powerful arms and knee drive.
- If on the treadmill, alternate every 2 minutes with an incline of 5% to flat

Progression

- Run begins at an easy jog or PowerTalk
- Pace gradually increases each half mile or so by 5-10 seconds/mile
- Goal pace by the last mile is tempo effort (about 90% of estimated 10K race pace; HR in Zone 4)

XT

- Endurance cross training
- The best options are aquajogging, swimming, cycling, and elliptical
- Powerwalking or inclined walking is another great option
- HR Zone 2 is listed, but can push into 3 in the second half

Heart Rate Zones

- Zone 1: 50%-60% of maximum heart rate
- Zone 2: 60%-70% of maximum heart rate
- Zone 3: 70%-80% of maximum heart rate
- Zone 4: 80%-90% of maximum heart rate
- Zone 5: 90%-100% of maximum heart rate

To calculate your maximum heart rate, subtract your age from the number 220.

Example: Age 40 → $220 - 40 = 180$ beats per minute (can be a range of ~10-15 bpm)