



The Half Marathon

Type of Exercise: Running	Level: Moderate to Hard	Equipment Needed: Good running shoes and a heart rate monitor
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You've been running on a regular basis and now you're ready to kick it up a notch! To start this program, you should be able to run 30 min. without being really winded. You're probably consistently running at least 3 times per week. The goal of this program is to run a ½ marathon (13.1 miles) without stopping. A good time to aim for is 2 hours or faster!!

If participating in a formal race is a good training motivation for you, find one that is about 16 weeks from now.

To calculate the intensity of your training, estimate your maximum heart rate (max HR):
 $220 - \text{your age (years)} = \text{max HR}$. Calculate your training intensity as a percentage of your calculated max HR. For a more accurate and individualized max HR, a certified trainer can help you perform a maximal graded exercise test. When you see the phrase: "x minutes at some percent (%)" in the table below, it refers to the percentage of your maximum HR.

Other important points: To work on your running technique consult an experienced and qualified coach. It's easy to think that running is just running - everyone knows how to do it! Not so! A coach can probably help you go faster with less energy expenditure.

Begin each training session with a 5-10 min. easy to moderate warm-up and end with a 5-10 min. cool down.

Schedule at least 1 rest day between the training sessions.

Add stretching exercises for the hamstrings, quads, and calves at the end of the training session and/or on your rest days (after warming up).

Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

	Explanation of Goals and Exercise Routines	Estimated Time	Check if Completed ✓
Week 1	Welcome to your ½ marathon training. This week's goal is to build your endurance base. You're training your heart, lungs, and legs to "take care of business". Each part of the training plan is important. The warm up gets your body and mind ready for the main training part. The main training part is about maintaining a set intensity. The cool down is a treat. After you've worked hard you can relax, feel proud of yourself, and get excited about your next training opportunity.	100 Minutes	
Day 1	30 min at 80%	30 Minutes	

Day 2	40 min at 70%	40 Minutes	
Day 3	30 min at 75%	30 Minutes	
Week 2	You're continuing to build your endurance base. The intensities are constant and you're increasing your times slightly. These are small and manageable changes. Have fun!	120 Minutes	
Day 1	35 min at 80%	35 Minutes	
Day 2	45 min at 70%	45 Minutes	
Day 3	40 min at 75%	40 Minutes	
Week 3	This is another week to continue building your endurance base. You increase your training time by 5 min. in each run and your intensity stays constant. Consistency is the key to effective training along with motivation. What motivates you to train? Think about the positive effects you get from your training.	135 Minutes	
Day 1	40 min at 80%	40 Minutes	
Day 2	50 min at 70%	50 Minutes	
Day 3	45 min at 75%	45 Minutes	
Week 4	This is your recovery week. You've been training hard and recovery is important for the body and mind. You actually get stronger through your recovery because it allows the body the rest it needs to adapt to the training and fully prepare for the next training session. Notice and appreciate how comfortably you can run these times and intensities.	100 Minutes	
Day 1	30 min at 75%	30 Minutes	
Day 2	40 min at 65%	40 Minutes	
Day 3	30 min at 70%	30 Minutes	
Week 5	We're back to building and integrating intervals into the plan. Intervals are great! They are set intervals of time to work and actively recover. Intervals are fun, go by quickly, and keep you on task. Set your watch and go. Have fun!	155 Minutes	
Day 1	extensive intervals: 3 x 8 min at 80%, 2 min walking between repetitions	45 Minutes	
Day 2	60 min at 70%	60 Minutes	
Day 3	50 min at 75%	50 Minutes	
Week 6	What did I tell you? Intervals are fun and time goes by super fast. Have fun as you continue building your endurance base.	180 Minutes	
Day 1	extensive intervals: 3 x 10 min at 75%, 2 min walking between repetitions	50 Minutes	
Day 2	70 min at 70%	70 Minutes	
Day 3	60 min at 75%	60 Minutes	
Week 7	This is another week of building your endurance base. We're changing up your training time and intensity to improve your fitness level and to keep things interesting.	210 Minutes	
Day 1	extensive intervals: 4 x 10 min at 75%, 2 min walking between repetitions	60 Minutes	
Day 2	80 min at 65%	80 Minutes	
Day 3	70 min at 70%	70 Minutes	
Week 8	Recovery week -- yea! Think of this as a vacation for your	100 Minutes	

	body and mind. Let your body and mind rest. This is a chance for you to just take things easy as you head out on a comfortable, short run. Enjoy the movement and how you feel.		
Day 1	30 min at 75%	30 Minutes	
Day 2	40 min at 65%	40 Minutes	
Day 3	30 min at 70%	30 Minutes	
Week 9	OK now that you've built a solid base, it's time for intensive intervals! You're ramping it up and the recovery week prepared you for this new challenge.	210 Minutes	
Day 1	45 min easy jog at 75%	45 Minutes	
Day 2	intensive intervals: 8 x 1 min at 95%, 3 min walking between repetitions	45 Minutes	
Day 3	60 min at 70%	60 Minutes	
Day 4	extensive intervals: 4 x 10 min at 75%, 2 min walking between repetitions	60 Minutes	
Week 10	Challenge through change leads to improvement. There's great variety in your routine with a nice combination of constant intensities and intervals. Face the challenge head on! You can do it!	225 Minutes	
Day 1	45 min easy jog at 75%	45 Minutes	
Day 2	intensive intervals: 8 x 2 min at 90%, 4 min walking between repetitions	60 Minutes	
Day 3	60 min at 70%	60 Minutes	
Day 4	extensive intervals: 4 x 10 min at 75%, 2 min walking between repetitions	60 Minutes	
Week 11	How's it going? Can you feel something happening? By challenging your body and mind, you are adapting and getting stronger. You have 1 more week of high intensity intervals to go!	230 Minutes	
Day 1	45 min easy jog at 75%	45 Minutes	
Day 2	intensive intervals: 8 x 3 min at 90%, 4 min walking between repetitions	65 Minutes	
Day 3	60 min at 70%	60 Minutes	
Day 4	extensive intervals: 4 x 10 min at 75%, 2 min walking between repetitions	60 Minutes	
Week 12	Ah, savor this precious time to recover. You're still out there training regularly at a moderate intensity. Time goes by so fast when you're having fun. Do you feel like you could go on forever? That's a sign that your training is where it should be at. Allow yourself to recover because you know more is yet to come!	100 Minutes	
Day 1	30 min at 75%	30 Minutes	
Day 2	40 min at 65%	40 Minutes	
Day 3	30 min at 70%	30 Minutes	
Week 13	Back to work after a lovely recovery vacation. This is a nice transition to prepare for some hard work.	235 Minutes	
Day 1	45 min easy jog at 75%	45 Minutes	

Day 2	3 x 10 min at 85%, 5 min walking between repetitions	50 Minutes	
Day 3	60 min at 70%	60 Minutes	
Day 4	80 min at 85%	80 Minutes	
Week 14	For this week's training, you're increasing your times. Enjoy the movement, focus on your form, and deep breathing while you run. Change will do you good!	255 Minutes	
Day 1	45 min easy jog at 70%	45 Minutes	
Day 2	4 x 8 min at 85%, 5 min walking between repetitions	60 Minutes	
Day 3	60 min at 70%	60 Minutes	
Day 4	90 min at 80%	90 Minutes	
Week 15	This is your last hard week! It's actually not that hard. You're getting used to it. You feel good and strong. Keep up the hard work and stay motivated!	255 Minutes	
Day 1	45 min easy jog at 70%	45 Minutes	
Day 2	6 x 6 min at 90%, 5 min walking between repetitions	70 Minutes	
Day 3	60 min at 70%	60 Minutes	
Day 4	80 min at 75%	80 Minutes	
Week 16	This is where it all comes together. Congratulations on your focus and consistency! You will take some time to recover which will prepare you for the big event. You will run your ½ marathon this week. You can sign up for a race if you want more excitement. See what you're capable of. Just go for it!	195 Minutes	
Day 1	45 min easy jog with 2 x 4 min at 80%	45 Minutes	
Day 2	30 min easy jog with 2 x 1 min at 85%	30 Minutes	
Day 3	½ Marathon (13.1 miles)	120 Minutes	