

# BEGINNER HALF MARATHON TRAINING PLAN

RACE:

YEAR :

MON	TUE	WED	THU	FRI	SAT	SUN
2 Miles 1 min run/1 min walk	2 Miles 1 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	<b>4 Miles</b> 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 2 min run/1 min walk	2 Miles 1 min run/1 min walk	<b>5 Miles</b> 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	<b>6 Miles</b> 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	<b>7 Miles</b> 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	<b>8 Miles</b> 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 AMRAP +4-6 Strides	<b>8-9 Miles</b> 5 min run/1 min walk	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

## NOTES

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Contact [Lindsey@FitnessSports.com](mailto:Lindsey@FitnessSports.com) for questions or for an individualized plan!

# CONTINUED...

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 AMPRAP	3 Miles AMRAP +4-6 Strides	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	4 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	<b>RACE DAY</b>	

## 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 warmup jog, dynamic stretches, and 4-6 strides over half an hour ahead of the race will help you feel warmed up and stretched out

## NOTES

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Contact [Lindsey@FitnessSports.com](mailto:Lindsey@FitnessSports.com) for questions or for an individualized plan!

# 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
- 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 1-2 minutes with an incline of 5% to flat

## *Progression*

- Run begins at an easy warmup jog pace
- 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 expected race pace; HR in Zone 4)

## *XT*

- Endurance cross training
- The best options are aquajogging, swimming, cycling, and elliptical
- HR Zone 1 is listed, but can be pushed into Zones 2 or 3.

## *WU & CD*

- WU = Warmup
  - Should be in Zones 1-2
- CD = Cool Down
  - Should be in Zones 1-2
- Post-warmup dynamic stretches and post cool-down static stretching will help reduce soreness and injury risk

## *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 ~5-10 bpm)