

HALF MARATHON TRAINING PLAN

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EXPLORE **CAMPUS RECREATION**

TRAINING STARTS WHEN YOU START

This plan was designed around a 12-week schedule for maximum results. It was built to adapt to your experience level and intended to be flexible to your needs as you prepare to run your first half marathon. Whether you're eight or twelve weeks from race day, you can jump into this program whenever it suits you. You control what you put into the program and therefore what you get out of it. We recommend that you plan on training for at least 6 weeks before the half marathon so that you can comfortably run and complete the programmed workouts. Remember, this is simply a guide! Adjust as needed to accommodate your life and schedule!

Also, WALKING is OKAY!!

WHAT TO KNOW

WARM UP & COOL DOWN

PRIOR TO YOUR RUN: It is recommended that you take 3-5 minutes to warm-up properly to ensure a smooth transition into your first mile of running. Your warm-up should include a variety of dynamic stretches of the upper and lower body.

AFTER YOUR RUN: It is recommended that you take 3-5 minutes to cool-down the body. You can walk for a few minutes and then complete a series of static stretches in the upper and lower body. This will allow your heart rate to decrease and help reduce any feelings of stiffness.

RUNNING PACE

A majority of your runs should be performed at a slower pace. Remember, we are focusing on covering distance not racing the clock! We recommend a race pace of 10-13 minutes per mile as you prep for this half marathon.

WHAT TO KNOW

CROSS TRAINING

During your prep for the half marathon, it is encouraged to do some cross-training to prevent overtraining. While we only have 1 day listed for cross-training, you might find another day that suits your schedule and doesn't cause too much fatigue for your next run.

We recommend the following options for cross-training:

- Full-body strength training workout
- Core, Glutes, and Hip focused training
- Yoga, Pilates, Barre, or other low intensity strength format
- Cycling, swimming, elliptical, or other low-impact cardio

RECOMMENDED SCHEDULE

We understand your days may not line up perfectly each week. Do your best to follow this template of rest days and run days. Most importantly, your long runs are at the end of the week.

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
	REST	RUN	REST	RUN	REST	REST OR CROSS TRAIN	LONG RUN

TRAINING TIPS

HYDRATION

Proper hydration is extremely important when beginning any workout regimine, but especially an endurance based program. Hydration is not just important post-workout. Make sure to drink enough water throughout your day to best prepare you for your runs.

NUTRITION

Maintain a balanced diet while you train for your half marathon! Carbohydrates will be very important for energy during your runs. And protein is essential for your recovery so make sure to have protein with every meal. You might notice your appetite increase with the added exercise, that is normal!

MOTIVATION

This will be challenging but we are confident you can do it! Set small goals throughout the next few months to help keep you focused. Share your journey with a friend to help keep you accountable (even if they aren't running with you). And at the end of the day, remember WHY you started!

SLEEP & REST

Do not underestimate the importance of your rest days and sleep! This is essential in your recovery to help you perform your best with each running session. If you need some movement on your rest days we encourage you to consider mobility work or walking.

FIRST SIX WEEKS

The goal for the first 3 weeks is to get accustomed to running consistently each week. You will notice that mileage increases each week to help build your endurance capacity for the half marathon. As a reminder, you don't need to run as fast and hard as you can, slower is better as you condition yourself for distance!

WEEK 1 - 3	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
	REST	2 MILES	REST	2.5 MILES	REST	CROSS TRAIN	3 MILES
	REST	2 MILES	REST	3 MILES	REST	CROSS TRAIN	4 MILES
	REST	2 MILES	REST	3.5 MILES	REST	CROSS TRAIN	5 MILES

WEEKS 4-6	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
	REST	2.5 MILES	REST	4.5 MILES	REST	CROSS TRAIN	5 MILES
	REST	3 MILES	REST	6 MILES	REST	CROSS TRAIN	6 MILES
	REST	4 MILES	REST	2.5 MILES EASY 4 MILES RACE PACE 1 MILES EASY	REST	CROSS TRAIN	4 MILES

FINAL SIX WEEKS

These final 6 weeks will push your capacity for longer runs. You will notice that at Week 8 an additional day of running has been introduced. This is just a *light* run to prep you for the long run on the last day of the week. The race is near!!

WEEK 7-9	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
	REST	4 MILES	REST	6 MILES	REST	CROSS TRAIN	8 MILES
	REST	3 MILES	REST	1 MILE EASY 4 MILES RACE PACE 1 MILE EASY	1-2 MILES	CROSS TRAIN	9 MILES
	REST	4 MILES	REST	7 MILES	1.5-3 MILES	CROSS TRAIN	10 MILES

WEEK 10-12	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
	REST	3 MILES	REST	1.5 MILE EASY 4 MILES RACE PACE 1.5 MILE EASY	1.5-2 MILES	CROSS TRAIN	11 MILES
	REST	2.5 MILES	REST	1.5 MILE EASY 3 MILE RACE 1.5 MILE EASY	1.5-2 MILES	CROSS TRAIN	7.5 MILES
	REST	2.5 MILES	REST	3 MILES	1-2 MILES	CROSS TRAIN	RACE DAY!!

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