

## Half Marathon Prep Schedules

The following schedule is designed to prepare a runner preparing for a beginner or intermediate running training program. This assumes that you'll be starting a 12-18 week program that runs 3-4x per week with a 5-6 mile long run on the first week and totaling 15-20 miles the first week. **The Key is Consistency!!**

### Approach

- Starting at 3 days per week, with optional 4<sup>th</sup> day of Cross Training. Ends w/ 4 days per week.
- Incorporate Intervals (Jog/Walk) if you are unable to run full time.
- **Do NOT run too far, too fast or go out too hard.** It causes burnout (physical and mental) and can lead to injuries. This is the number one reason new runners do not complete their training.

### Beginner Schedule

- Assumes you have little time on your feet. You are unable to run full time for 30 min. You have not run or jogged in a few years.
- After 2 weeks of walking only, start to incorporate short segments of easy jogging, as capable.
- If not full time running, you can incorporate some intervals (INT) within the runs (See legend)

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wk 1</b>	W30	W30	Rest	Rest or XT	Rest	W30	Rest
<b>Wk 2</b>	W30	W30	Rest	Rest or XT	Rest	W30	Rest
<b>Wk 3</b>	W40 or W40w/Jogs	W40 or W40w/Jogs	Rest	W40 or W40w/Jogs	Rest	W40 or W40w/Jogs	Rest
<b>Wk 4</b>	W40w/Jogs or INT40@1/9	W40w/Jogs or INT40@1/9	Rest	W40w/Jogs or INT40@1/9	Rest	W50 or INT50@1/9	Rest

### Intermediate Schedule

- Assumes you already have time on your feet and close to running full time up to 3-4mi, 3x per week
- If not full time running, you can incorporate some intervals (INT) within the runs (See legend)

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Wk 1</b>	Easy 3 or INT30@2/8	Easy 3 or INT30@2/8	Rest	Rest or XT	Rest	Easy 3 or INT30@2/8	Rest
<b>Wk 2</b>	Easy 3 or INT30@2/8	Easy 3 or INT30@2/8	Rest	Rest or XT	Rest	Easy 3 or INT30@2/8	Rest
<b>Wk 3</b>	Easy 3-4 or INT40@1/9	Easy 3-4 or INT40@1/9	Rest	Easy 3-4 or INT40@1/9	Rest	Easy 3-4 or INT40@1/9	Rest
<b>Wk 4</b>	Easy 3-4 or INT40@1/9	Easy 3-4 or INT40@1/9	Rest	Easy 3-4 or INT40@1/9	Rest	Easy 3-4 or INT40@1/9	Rest

### LEGEND

Easy Easy Run: Sometimes called general Aerobic Runs. Done at a steady pace throughout to improve basic aerobic fitness and running economy.

W Walking at a BRISK pace. Designed to get your heart rate up while on your feet. Numbers are in Minutes.

INT Interval of Walk / Run. Start with walking, then introduce an easy Jog for the prescribed time. Repeat.

XT Cross Training: Swimming, Yoga, Pilates, Elliptical Trainer. Most XT sessions are based on Minutes and are 40-60 depending on where you are in your schedule.