

13.1 HALF

A **half marathon** is a road running event of 13.1094 mi. It is half the distance of a marathon and usually run on roads. Participation in half marathons has grown steadily¹ One of the main reasons for this is that it is a challenging distance, but does not require the same level of training that a marathon requires. The half marathon is the fastest growing type of race.

Half Marathon Training Guide - Novice Program

NOVICE PROGRAM FOR HALF-MARATHON RUNNERS,

Long runs: The key to the program is the long run on weekends, which builds from 4 miles in Week 1 to 12 miles in the climactic Week 11. (After that, you taper a week to get ready for the half marathon.) You can skip an occasional workout, or juggle the schedule depending on other commitments, but do not cheat on the long runs.

Run slow: For experienced runners, I recommend that they do their long runs anywhere from 30 to 90 or more seconds per mile slower than their half marathon pace. As an experienced runner, you may or may not have run a prior half marathon, but hopefully you have done enough races, so that you can predict your race pace

Walking breaks: Walking is a perfectly acceptable strategy in trying to finish a half marathon. It works during training runs too. While some coaches recommend walking 1 minute out of every 10, or walking 1 minute every mile, in I suggest that runners walk when they come to an aid station

Cross-training: Sundays in this training program are devoted to cross-training. What is cross-training? It is any other form of aerobic exercise that allows you to use slightly different muscles the day after your long run. In this program, we run long on Saturdays and cross-train on Sundays, although it certainly is possible to reverse that order. The best cross-training exercises are swimming, cycling or even walking.

Midweek training: Training during the week also should be done at a comparatively easy pace. As the weekend mileage builds, the Tuesday and Thursday mileage stays the same: 3 miles. Run these miles at an easy, or comfortable, pace. How fast is "easy?" That can vary from day to day.

Race Pace: Race pace is the pace you plan to run in the race you're training for. If you're training for a 2:00 half marathon, your average pace per mile is 9:09. So you would run that same pace when asked to run race.

Races: What about races, since I suggest running a 5-K race in Week 6 and a 10-K race in Week 9. As stated earlier, consider races as an "option." Doing at least some racing in a training program can be a valuable experience, because you can learn how races operate: Week 6 or Week 9 for when to

race. Seek races in your area convenient to your schedule.

Rest: Despite my listing it near the end, rest is an important component of this or any training program. Scientists will tell you that it is during the rest period (the 24 to 72 hours between hard bouts of exercise) that the muscles actually regenerate and get stronger. .

Here is your Novice 2 training schedule. The below chart tells you what to do for each day for the 12 weeks leading to the half marathon.

Half Marathon Training Schedule: Novice

WEEK	MON	TUE	WED	THU	FR I	SAT	SUN
1	Rest	3 m run	3 m run	3 m run	Rest	4 m run	cross
2	Rest	3 m run	3 m pace	3 m run	Rest	5 m run	cross
3	Rest	3 m run	4 m run	3 m run	Rest	6 m run	cross
4	Rest	3 m run	4 m pace	3 m run	Rest	7 m run	cross
5	Rest	3 m run	4 m run	3 m run	Rest	8 m run	cross
6	Rest	3 m run	4 m pace	3 m run	Rest	5-K Race	cross
7	Rest	3 m run	5 m run	3 m run	Rest	9 m run	cross

8	Rest	3 m run	5 m pace	3 m run	Rest	10 m run	cross
9	Rest	3 m run	5 m run	3 m run	Rest	10-K Race	cross
10	Rest	3 m run	5 m pace	3 m run	Rest	11 m run	cross
11	Rest	3 m run	5 m run	3 m run	Rest	12 m run	cross
12	Rest	3 m run	2 m pace	2 m run	Rest	Rest	Half Marathon

Half Marathon Training Guide - Intermediate Program

THE SCHEDULE BELOW IS FOR EXPERIENCED RUNNERS: individuals who have left their Novice roots behind and who want to improve their performances. You should be capable of running 30 to 60 minutes a day, five to seven days a week, have competed in at least a few 5-K and 10-K races, if not a marathon, and at least be willing to consider the possibility that some speedwork might help you improve. If that sounds like too much training, and this is your first half marathon, you might be more comfortable training using the Novice Program.

Easy Runs: The runs on Tuesdays and Thursdays and sometimes Saturdays are designed to be done at a comfortable pace. Don't worry about how fast you run these workouts. Run easy! If you're training with a friend, the two of you should be able to hold a conversation. If you can't do that, you're running too fast

Distance: The training schedule dictates workouts at distances, from 3 to 12 miles. Don't worry about running precisely those distances, but you should come close. Pick a course through the neighborhood, or in some scenic area where you think you might enjoy running. Then measure the course either by car or bicycle or GPS watch. In deciding where to train, talk to other runners. They probably can point you to some accurately measured courses for your workouts.

Stretch & Strength: Mondays and Thursdays are days on which I advise you to spend extra time stretching--and do some strength training too. Monday is a rest day and Thursday is an "easy" day, so don't overdo it. If you want to stay away from the gym so that Monday becomes a complete day of rest, switch some of your stretching and strengthening to Tuesday or another day of the week. It's wise to stretch every day,.

Rest: Rest is as important a part of your training as the runs. You will be able to run the long runs on the weekend better--and limit your risk of injury--if you rest before, and rest after. Be realistic about your fatigue level--particularly in the closing weeks of the program--and don't be afraid to take an extra day off now and then.

Long Runs: The key to getting ready to finish a Half Marathon is the long run, progressively increasing in distance each weekend. Over a period of 11 weeks, your longest run will increase from 5 to 12 miles. And in the final week, you get to run 13.1 miles in the race itself. The schedule below suggests doing your long runs on Sundays. You can do them Saturdays, if more convenient, but it is easier to do a long run the day after a pace run, than vice versa.

Walking: Walking is an excellent exercise that a lot of runners overlook in their training. I don't specify walking breaks, but feel free to walk during your running workouts any time you feel tired or need to shift gears.

Racing: Most experienced runners enjoy racing, so I've included three races during the training period: one every third week, building from 5-K to 10-K to 15-K. There is nothing magic about those particular distances, and there is no necessity to race. Plug in whatever races look interesting from your local area wherever they fit in your schedule..

Speedwork: If you want to run at a fast pace, you need to train at a fast pace several days a week. This training schedule for intermediate runners alternates interval running with Tempo Runs. An interval workout usually consists of fast repeats separated by walking or jogging. The program begins with 5 x 400 meters in the first week and adds one more 400 every other week to reach 10 x 400 meters the week before your half marathon. Walk or jog between each repeat. The best place to run 400-meter repeats is on a track, although you can also use an accurately-measured road course. Run the 400s at about your pace for 5-K, or 10-K.

Tempo Runs: This is a continuous run with a buildup in the middle to near 10-K race pace. A Tempo Run of 30 to 45 minutes would begin with 10-15 minutes easy running, build to 15-20 minutes near the middle, then 5-10 minutes easy toward the end. The pace buildup should be gradual, not sudden, with peak speed coming about two-thirds into the workout. Hold that peak only for a minute or two. I consider Tempo Runs to be the "Thinking Runner's Workout." A Tempo Run can be as hard or easy as you want to make it,

Pace: I mean "race pace," the pace at which you expect to run the half marathon. Some workouts are designed as pace runs to get you used to running the pace you will run in the race

Warm-up: Warming up is important, not only before the race itself, but before your speed workouts and pace runs. Most novice runners do not warm up, except in the race itself. This is okay, because they're more interested in finishing rather than finishing fast. You have a different goal,

Cross-Train: I don't always prescribe cross-training for intermediate runners. That's because you're usually somewhat more focused on pure running than novice runners. But if you find that cross-training helps you prevent injuries, or if you enjoy it, feel free to substitute cross-training on one or more of the easy days..

Juggling: Don't be afraid to juggle the workouts from day to day and week to week. If you have an important business meeting on Thursday, do that workout on Wednesday instead. If your family is going to be on vacation one week when you will have more or less time to train, adjust the schedule accordingly..

Training to improve your half

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Stretch & strengthen	3 m run	5 x 400 5-K pace	3 m run + strength	Rest	3 m run	5 m run
2	Stretch & strengthen	3 m run	30 min tempo	3 m run + strength	Rest	3 m pace	6 m run
3	Stretch & strengthen	3.5 m run	6 x 400 5-K pace	3 m run + strength	Rest	Rest	5-K Race
4	Stretch & strengthen	3.5 m run	35 min tempo	3 m run + strength	Rest	3 m run	7 m run
5	Stretch & strengthen	4 m run	7 x 400 5-K pace	3 m run + strength	Rest	3 m pace	8 m run

6	Stretch & strengthen	4 m run	40 min tempo	3 m run + strength	Rest or easy run	Rest	10-K Race
7	Stretch & strengthen	4.5 m run	8 x 400 5-K pace	3 m run + strength	Rest	4 m pace	9 m run
8	Stretch & strengthen	4.5 m run	40 min tempo	3 m run + strength	Rest	5 m pace	10 m run
9	Stretch & strengthen	5 m run	9 x 400 5-K pace	3 m run + strength	Rest or easy run	Rest	15-K Race
10	Stretch & strengthen	5 m run	45 min tempo	3 m run + strength	Rest	5 m pace	11 m run
11	Stretch & strengthen	5 m run	10 x 400 5-K pace	3 m run + strength	Rest	3 m pace	12 m run
12	Stretch & strengthen	4 m run	30 min tempo	2 m run	Rest	Rest	Half Marathon