

## HALF MARATHON PLAN DETAILS

### **Entry Level Half-marathon Program**

For new athletes with relatively low running experience and who currently run 10 miles or less per week and primarily goal is to complete the half marathon.

### **Beginner Half-marathon Program**

For runners who currently run 15 to 20 miles per week and expect to run the half marathon in 2:20 hours or longer.

### **Intermediate Half-marathon Program**

For runners who currently run 20 to 25 miles per week and expect to run the half marathon in 1:50 hrs or faster.

### **Advance Half-marathon Program**

For runners who currently run over 25 miles per week and expect to run the half marathon under 1:30 hrs.

### **Notes regarding the program:**

- Preparation – prior to starting the plan it would be a good idea to do a few weeks of the preparation training, this will allow your body to adapt and be ready to tackle the 8 week program much better.
- Days off are usually Mondays and Fridays however if that doesn't match your schedule your day off after your long run and then another one 2-3 days later; on those days is advised to avoid doing intense weight bearing physical activity.
- Running paces will vary depending on the type of workout but mainly you'll run at different speeds:
  - Walk/Jog pace (W/J) – is a walking pace or a jog which is slightly faster than a speed walk.
  - Easy pace (E) - is a pace you in which you can hold a conversation and your breathing is not too intense
  - Moderate pace (M) - is a pace in you could complete a 3hr or longer run, your breathing becomes a bit more intense.
  - Threshold pace (T) - is a pace in which could sustain running a 10Km race; your breathing becomes rather intense, but it is not an all-out effort.
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- For the entry level plan, when the session suggests 3 mile at E-W/J pace it means to break down the session in segments. If your fitness allows you to run ½ mile at a time, then run ½ mile and take a walk/jog break and repeat until you complete the session.

- Cross training means performing easy aerobic activities that will promote your cardiovascular fitness without the impact generated by running. This will allow your body to adapt. Some activities can be using the elliptical machine, spinning, cycling, swimming, hiking, etc. Keep these sessions easy and short.
- On speed workout days (fartlek or track sessions) you will always have to do warm up (WU) jogging 1 mile and cool down (CD) jogging 1 mile both at a very easy pace.
- Fartlek is a Swedish word for “speed play” and consists of bursts of speed in the middle of a training runs. These sessions get your legs used to a variety of paces on real course conditions. The number in parenthesis is the total distance for the fartlek and the pace will indicate how fast and easy you’ll go. You will always run ¼ mile faster and ¼ mile slower. i.e. a 2 mile fartlek at M/E pace means ¼ mile run at M pace and ¼ mile run at E pace.
- Track workouts are done in a track. If you don’t have access to one you can just do the workout as a fartlek on the road. When you read the notation “4 x 800” that means you should run four repeats of 800 meters each (two laps on the track). “2 x 1 mile” means 2 sets of 1 mile (4 laps around the track). The pace below tells you how fast you should run them. Always walk/jog 200-400 meters (around 2 min) very easy to recover before the next set.

All other workouts including the regular or long runs should be run at Easy pace (E) -- place emphasis on “easy” unless suggested otherwise.