

# Half Marathon, 5K Run, 5K Walk Training Guide

## HALF MARATHON TRAINING GUIDE

	PHASE 1			PHASE 2			PHASE 3			
WEEK	1	2	3	4	5	6	7	8	9	10
MONDAY	3	3	3	3	3	4	4	4	5	5
TUESDAY	4	4	4	4	5	5	5	5	5	5
WEDNESDAY	I	I	I	I	I	I	I	I	I	R
THURSDAY	3	3	3	3	3	4	4	4	4	4
FRIDAY	2	2	3	4	4	4	5	5	4	4
SATURDAY	R	R	R	R	R	R	R	R	R	R
SUNDAY	3	5	6	7	9	10	10	12	5	RACE 13.1
TOTAL MILES*	19 3/4	21 1/4	24 3/4	27 3/4	28	32	35 1/2	37 1/2	29 1/2	18

\*1 1/2 Mile Warm Up & Warm Down I=Interval Training R=Rest

### PHASE 1:

This phase of training assumes that you have reached the 20 mile per week level. Should you be running less, simply build up to 20 miles in weeks 1 & 2 and assume the schedule during week 3. The secret to successfully completing Phase 1 is learning to run at a consistent pace that will allow you to complete the 13.1 mile half marathon.

### PHASE 2:

In Phase 2 you will experience a progressive increase in mileage, interval workout and training time.

### PHASE 3:

Phase 3 leads you on a long run of 12 miles, increasing your confidence in performing long distance and increased intervals. Runs of diminishing distances in the 10 days immediately preceding the event allows you to build strength and rest for race day.

## WEDNESDAY INTERVAL TRAINING SCHEDULE

Begin with an easy mile and a half jog, the Sports Six (stretching), and end with a mile and a half easy jog.

Week 1:	Week 2:	Week 3:
4x440	4x440	6x440
440 jog between full recovery	440 jog between decrease jog time	440 jog between decrease jog time
65% effort	65% effort	65% effort

Week 4:	Week 5:	Week 6:
6x440	3x880	3x880
440 jog between decrease jog time	440 jog between decrease jog time	440 jog between decrease jog time
65% effort	65% effort	75% effort

  

Week 7:	Week 8:	Week 9:
5x880	5x880	Fast tempo
440 jog between decrease jog time	440 jog between decrease jog time	Fartlek*
75% effort	75% effort	25-30 minutes

\*Fartlek: A Swedish word for speed play. Accelerate when you feel good, then jog easily, repeat again for duration of workout.

\*\*Note: The half marathon is run on pavement; therefore, you should do some training on pavement to get used to the surface.

## 5K RUN TRAINING GUIDE

The 5K Run is tailor-made for the first time racer. By following this training schedule you will build to a level of 12 miles per week over an 8 week period. A few days prior to race day, you will cut back the miles, allowing your body to compete at a comfortable level. An optional interval training schedule is provided for those runners wishing to do interval training on Wednesdays. This may raise you to a higher level of performance.

WEEK	1	2	3	4	5	6	7	8
MONDAY	2	2	2	2	2	2	3	3
TUESDAY	2	2	2	2	3	3	3	2
WEDNESDAY*	I	I	I	I	I	I	I	R
THURSDAY	2	2	2	2	3	3	3	2
FRIDAY	2	2	2	2	2	3	3	2
SATURDAY	R	R	R	R	R	R	R	R
SUNDAY	2	2	3	3	3	4	4	RACE 3.1
TOTAL MILES*	12	12	13	13	15	17 1/4	18	9

\*1 1/2 Mile Warm Up & Warm Down I=Interval Training R=Rest

## WEDNESDAY INTERVAL TRAINING SCHEDULE

Begin with an easy half mile and a half jog, the Sports Six (stretching), and end with a half mile warm-down jog.

Week 1:	Week 2:	Week 3:
5x220	5x220	10x110
220 jog between full recovery	220 jog between full recovery	jog back to start full recovery
65% effort	65% effort	65% effort

Week 4:	Week 5:	Week 6:
10x110	6x220	4x440
jog back to start full recovery	jog across infield decrease jog time	440 jog between decrease jog time
65% effort	75% effort	75% effort

  

Week 7:
6x220
jog across infield decrease jog time
75% effort

## 5K WALK TRAINING GUIDE

- I Beginner Program: First see a doctor, then begin slowly with:
1. A 20 minute walk, 4 times a week
  2. After 3 or 4 weeks, increase your workouts to 30-40 minutes
- II Intermediate Program (Weeks #5 to #12 minimum)
5. Continue walking with a friend or friends, if possible
  6. Swing arms to the back and allow the arms to fall forward, parallel to the ground
  7. Heel of foot makes ground contact first
  8. Keep head and ears above shoulders-walk erect
  9. Do not bend forward from the waist as you'll tire; step forward briskly
  10. Do not shuffle forward on bent knees (that is slow jogging, not walking)
- III Advanced Walkers-Follow Intermediate Program and:
11. Enjoy 30 to 40 minute workouts, 4 to 6 days a week
  12. One foot must be in contact with the ground at all times
  13. Lean slightly forward from the ankles; push off
  14. Officials will disqualify participants who jog, run, or creep (creeping is slow jogging)
  15. In the race keep to your own steady pace; don't use all your energy in the first mile.