

Team World Vision ING Miami Half Marathon Training Program

For team members who have run a half marathon before, or who currently run 2-3 miles for regular exercise.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1 Nov 9	3 miles 400s*	2 miles easy*	Stretch/ Strength	3 miles tempo*	Rest	4 miles long run*	Cross train*	12
Week 3 Nov 16	3 miles 400s	2 miles easy	Stretch/ Strength	3 miles tempo	Rest	4 miles	Cross train	12
Week 2 Nov 23	3.5 miles 400s	2 miles easy	Stretch/ Strength	3.5 miles tempo	Rest	5 miles	Cross train	14
Week 4 Nov 30	3.5 miles test run*	2 miles easy	Stretch/ Strength	3.5 miles tempo	Rest	5 miles	Cross train	14
Week 5 Dec 7	4 miles 800s*	2 miles easy	Stretch/ Strength	4 miles tempo	Rest	6 miles	Cross train	16
Week 6 Dec 14	4 miles 800s	2 miles easy	Stretch/ Strength	4 miles tempo	Rest	5k race	Cross train	13.1
Week 7 Dec 21	4.5 miles 800s	3 miles easy	Stretch/ Strength	4.5 miles tempo	Rest	7 miles	Cross train	19
Week 8 Dec 28	4.5 mile test run	3 miles goal race pace*	Stretch/ Strength	4.5 miles Tempo	Rest	8 miles	Cross train	20
Week 9 Jan 4	5 miles 1 mile repeats*	3 miles easy	Stretch/ Strength	5 miles tempo	Rest	10k race	Cross train	19.2
Week 10 Jan 11	5 miles 1 mile repeats	3 miles easy	Stretch/ Strength	5 miles tempo	Rest	9 miles	Cross train	22
Week 11 Jan 18	5 miles 1 mile repeats	3 miles easy	Stretch/ Strength	5 miles tempo	Rest	10 miles	Cross train	23
Week 12 Jan 25	4 miles 800s	3 miles goal race pace	Stretch/ Strength	2 miles tempo	Rest	Rest	HALF MARATHON	22.1

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Training Program Explanations

Most of us tend to get into a slump with our running/training. We go out and run the same pace all the time. But follow this plan and you'll be amazed at the results of varying your pace for each workout. Even if your goal isn't to get fast, being more intentional with your workouts will help you feel better when you run, make your long runs easier, and keep you from getting bored!

To put it simply: On hard days, go hard. On easy days, go easy.

Goal Race Pace: Your goal race pace is the speed at which you want to complete the marathon. The Saturday before this training program begins, complete a 5k test by running 3.1 miles as fast as you can at an even pace. Then use the 5k test chart to determine your goal race pace. This pace will help you determine how fast you should be running on each of your training days.

Mondays: Intervals. Intervals are for feeling stronger on your runs. You break down your mileage into intervals. It is very helpful to do some of these workouts on an outdoor track. However you can use other methods of marking out your distance. www.mapmyrun.com can be helpful.

400s = 400 meters = ¼ mile = 1 lap around a standard outdoor track

Warm up. Then run your mileage at alternating intervals (400 very hard, 400 very easy) for the total mileage of that day. Then cool down and stretch. Example: On a day listed as 3 miles/400s, start by warming up for 5 minutes. Then run mile 1: ¼ mile hard, ¼ mile easy, ¼ mile hard, ¼ mile easy. Run mile 2: ¼ mile hard, ¼ mile easy, ¼ mile hard, ¼ mile easy. Run mile 3: ¼ mile hard, ¼ mile easy, ¼ mile hard, ¼ mile easy. Cool down and stretch.

800s = 800 meters = ½ mile = 2 laps around a standard outdoor track

Warm up. Then run your 800s as fast as you can at an even pace. Jog easy for 400 meters (1/4 mile) in between each 800. (Run ½ mile hard, ¼ mile easy, ½ mile hard, ¼ mile easy, etc.)

1 mile repeats: Warm up for 5 minutes by doing a few short sprints separated by easy jogging. Start by running mile 1 as hard as you can at an even pace. Then walk or jog very easy for 3-5 minutes. Continue with mile 2 at a hard pace. Repeat that pattern for that day's mileage.

Tuesdays: Easy Runs. Done at a pace that is comfortable. You should be at a pace that would allow to you hold a two-way conversation. But not so comfortable that you could do a monologue. :)

Wednesdays: Strength and Core training are an essential part of marathon training. Strengthening your core will help your posture and decrease back pain. Strengthening other muscles will help make your long runs easier and will actually help you lose weight, if that is one of your goals. There is a great strength and core routine available at www.teamworldvision.org.

Thursdays: Tempo Runs. Tempo runs are hard runs. Warm up, and then go for it! These runs should be at a pace that is 30-60 seconds faster per mile than your goal marathon pace. You'll be amazed at the results of pushing yourself.

Fridays: Rest and recovery are important! Take the day off and relax. You have a long run tomorrow.

Saturdays: The Long Run. Each week of running is finished off with "the long run". This helps build your endurance for race day. Typically it is assumed that your long runs should be done at a comfortable pace, approximately 30-45 seconds slower than your goal race pace. However, this is only true IF you are doing your interval and tempo runs during the week. If you stick to the plan, your long runs should be comfortable and a great end to your training week.

Sundays: Cross training. It is important to do some exercise the day after a long run. Swim, bike, or go for an easy walk.