

Half Marathon Training Plan for Beginners
 By Sweet Spot Coaching
www.trisweetspotcoaching.com

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Mileage
1	Rest	2	Cross Train	2	Rest	3	3	10
2	Rest	2	Cross Train	3	Rest	4	3	12
3	Rest	3	Cross Train	3	Cross Train	5	3	14
4	Rest	4	Cross Train	4	Cross Train	4	2	14
5	Rest	5	Cross Train	4	Rest	6	2	17
6	Rest	5	Rest	4	Cross Train	7	3	19
7	Rest	4	4	Cross Train	4	7	3	22
8	Rest	6	Rest	4	Cross Train	6	3	19
9	Rest	6	Cross Train	4	3	6	2	21
10	Rest	6	3	Cross Train	5	7	2	23
11	Rest	5	3	Rest	5	8	3	24
12	Rest	6	Cross Train	5	Rest	2	10	23
13	Rest	7	Cross Train	6	Rest	10	3	26
14	Rest	8	3	3	Rest	12	3	29
15	Rest	6	Rest	5	Rest	11	2	24
16	Rest	5	4	Rest	Rest	8	2	19

Race Week	Rest	4	3	Rest	2	RACE DAY 13.1		22
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TRAINING EVENTS

It is always recommended to participate in some events leading up to your goal race day. These races provide an opportunity to test your fitness and to practice your hydration and nutrition plan for race day. Make sure to add these great races to your Valhalla Half Marathon Training Plan!

April 11- Cookie Plug Race 5k/10k <http://www.tristatefit.com/cookieplug.html>

May 10- River City 5 & 10 Miler <http://www.tristatefit.com/rivercity10.html>

June 7 - Valhalla Half Marathon <http://www.tristatefit.com/valhalla.html>

****The course time limit for the Valhalla Half Marathon is 3:30:00. In order to complete the course within the allotted time, you must keep a 16 minute per mile pace or faster. ****

For training purposes, if you are new and not ready for mileage, you can go by duration in the beginning (or for the entire plan, if you like). Below is the time duration that corresponds to the daily mileage listed in the plan. The time duration goes by a 15 min/mile pace. If walking, it is completely doable by week 5 to be able to run/walk intervals. If you cannot do a 15 min/mile pace, that is fine! Goal pace must be under 16 minutes/mile to finish within the allotted time to be an official finisher. As you progress with your training within a month you will see your pace and stamina increase, and your fatigue level decrease.

Mileage	Duration
2 miles	30 min
3 miles	45 min
4 miles	1 hour
5 miles	1:15
6 miles	1:30
7 miles	1:45
8 miles	2:00
9 miles	2:15
10 miles	2:30
11 miles	2:45
12 miles	3:00
13 miles	3:15

Strength Training and Cross Training Exercises

Cross Training can be added before or after a run, or as a substitution if you are prevented from running (not accessing a treadmill or severe weather). Cross training is a great way to give the joints a break from the pounding of the pavement while working on cardiovascular endurance as well as muscular strength.

Examples of Cross Training Workouts:

Lap Swimming
Aqua Jogging
Orange Theory Class
Elliptical Machine
Other Group Fitness Classes (can modify)
Rowing/Elliptical combo
Stair Master
Yoga Class
Barre Class
Cycling Class

Strength Training Tools at Home

- *Yoga Mat
- *Resistance bands
- *Dumbbells
- *Stability Ball

Maintenance strength and mobility during peak training can be accomplished by simple, targeted exercises 2-3 times per week. *Quick Strength for Runners* by Jeff Horowitz, is a great resource and can be purchased online.

