

HALF MARATHON

TRAINING PLAN | BEGINNER



	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1 August 17-23	Welcome to the Program	How to Cross-Train & 3-Mile Easy Run/ Cross Training	Strength Training/ Cross Training	4-Mile Easy Run	30-45 Min Cross Training	5K Time Trial Info Video & 5K Time Trial	20 Min Hatha Hip Opener w/ Lindsay
Week 2 August 24-30	Incline Intervals	3-Mile Easy Run/ Cross Training	Strength Training/ Cross Training	4-Mile Easy Run	45-60 Min Cross Training	6-Mile Easy Run	Slow Burn w/ Jonny
Week 3 August 31-September 6	4-Mile Easy Run + Strides	3-Mile Easy Run/ Cross Training	Strength Training/ Cross Training	4-Mile Easy Run	45-60 Min Cross Training	7-Mile Easy Run	30 Min Life Barre w/ Omaur
Week 4 September 7-13	Speed Work 8 x 1 Min + Easy Run	3-Mile Easy Run/ Cross Training	Strength Training/ Cross Training	4-Mile Progress-ion	45-60 Min Cross Training	8-Mile Easy Run	30 Min Vinyasa Flow w/ Lindsay
Week 5 September 14-20	Speed Work 6 x 90 Sec + Easy Run	3-Mile Easy Run/ Cross Training	Strength Training/ Cross Training	4-Mile Progress-ion	45-60 Min Cross Training	8-Mile Easy Run	20 Min Hatha Hip Opener w/ Lindsay
Week 6 September 21-27	Speed Work 6 x 2 Min + Easy Run	3-Mile Easy Run/ Cross Training	Strength Training/ Cross Training	5-Mile Progress-ion	45-60 Min Cross Training	10-Mile Easy Run	Full Body Post-Workout Stretch w/ Danny

Plan created by: **LIFETIME** COACH MIKE THOMPSON @FASTANDFITMIKE

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Week 7 September 28-October 4	4-Mile Easy Run	3-Mile Easy Run/ Cross Training	Strength training/ Cross training	3-Mile Race Pace (5 Miles Total)	45-60 Min Cross Training	8-Mile Easy Run	Pilates Fusion w/ Jayme
Week 8 October 5-11	Track 6 x 400 Meters (4 Miles Total)	3-Mile Easy Run/ Cross Training	Strength training/ Cross training	6-Mile Easy Run	45-60 Min Cross Training	7 Miles (3 at Race Pace)	SOL w/ Lindsay
Week 9 October 12-18	4-Mile Easy Run + 8 Strides	3-Mile Easy Run/ Cross Training	Strength training/ Cross training	4 x 1 Mile at Race Pace (6 Miles Total)	45-60 Min Cross Training	12-Mile Easy Run	SOL w/ Lindsay
Week 10 October 19-25	Track 8 x 400 Meters (4 Miles Total)	3-Mile Easy Run/ Cross Training	Strength training/ Cross training	6-Mile Easy Run	45-60 Min Cross Training	8 Miles (6 at Race Pace)	30 Min Slow Burn w/ Jonny
Week 11 October 25-November 1	4-Mile Easy Run + 8 Strides	2-3-Mile Easy Run	30-45 Min Cross Training	5K Time Trial (5 Miles Total)	45-60 Min Cross Training	10 Miles w/ Fast Finish	Yin Yoga w/ Jonny
Week 12 November 2-8	5 x 1K (4 Miles Total)	2-3-Mile Easy Run	30 Min Cross Training	4-Mile Easy Run	30 Min Cross Training	Shakeout Run Video & Shakeout Run	RACE DAY! Good Luck!

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NOTES:



Download the Life Time App for On-Demand Access to Sunday Classes with Life Time Instructors

Walk when you need: *The most important part of the training is to get to the start line healthy. So, don't think you're more tough by running all the training sessions continuously. If you need to walk add them in. Here are some examples. EX #1: Run 3 minutes and walk 1 minute. EX #2: Run 5 minutes and walk 1 minute. EX #3: Run 1 mile and walk 2 minutes. Walks can help give us mini goals to reach along the way to and keep our running form better to prevent injury during training.*

WARM-UPS: *Warm ups should be done prior to every workout for 5-10 minutes. Included in these warm ups are dynamic stretching (walking lunges, knee hugs, etc.) and running drills (marching, a skip, etc.)*

Easy Runs = Conversation pace = *should be able to run while breathing in and out of your nose ONLY. Ideally easy and long runs should be 1.5-3 minutes slower than your 5k pace. Another way to assess with heart rate is 60-70% of max HR. Most accurate way is to get zone 2 HR is a metabolic test (VO2max test) so you get exact heart rate numbers. Either way, start out at the slower end of the pace/HR range for the first couple of minutes/miles.*

Hill Runs: *On these days go out and run hilly terrain at an easy pace or do the treadmill runs as prescribed. These help make quads, glutes, and calves stronger and more resilient Respect these days and be sure to remove your feet from the ground quickly on the way down ("hot feet").*

Cross Training: *Cross Training should be non-impact. Ideally, it's bike, swim, row, or a combination of all of them. Keep the cross-training efforts easy unless otherwise instructed. Reach out to @fastandfitmike for further questions.*