

NORFOLK HARBOR HALF MARATHON TRAINING



BEGINNER

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WEEK OF	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SEPT 9	2 miles: warmup - walk 10 mins, then alternate 1 min run/ walk 2 mins	Walk/ Strength Training	2 Miles Easy	Cross train 30 mins either bike/swim/walk	Off	3 Miles	Off/Walk
SEPT 16	2 miles: warmup - walk 10 mins, then alternate 4 min run/ walk 2 mins	Walk 20 mins + strength training	2 miles easy and 4x20 second strides	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	4 Miles	Off/Foam Roll
SEPT 23	3 miles: warmup - walk 10 mins, then alternate 3 min run/ walk 2 mins	Walk 20 mins + strength training	3 miles easy and 4x20 second strides	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	5 Miles	Off/Foam Roll/ Mobility
SEPT 30	3 miles: warmup - walk 10 mins, then alternate 4 min run/ walk 2 mins	Walk 20 mins + strength training	3 miles easy and 4x20 second strides	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	6 Miles	Off/Foam Roll/ Mobility
OCT 7	3 miles: warmup - walk 5 mins, then alternate 5 min run/ walk 2 mins	Walk 20 mins + strength training	3 miles easy and 4x20 second strides	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	7 Miles	Off/Foam Roll/ Mobility
OCT 14	3 miles: warmup - walk 5mins, then alternate 6 min run/ walk 2 mins	Walk 20 mins + strength training	2 miles easy and 6x20 seconds strides	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	9 Miles	Off/Foam Roll/ Mobility
OCT 21	3 Miles Easy	Walk 20 mins + strength training	2 miles easy and 6x20 second strides	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	8 Miles (or Wicked 10K, plus warmup and cooldown to hit 8)	Off/Foam Roll/ Mobility
OCT 28	3 Miles Easy	Walk 20 mins + strength training	3 miles easy and 4x20 strides	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	10 Miles	Off/Foam Roll/ Mobility
NOV 4	3 Miles Easy	Walk 20 mins + strength training	2 miles easy and 6x20 second stride	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	12 Miles	Off/Foam Roll/ Mobility
NOV 11	3 Miles Easy	Walk 20 mins + strength training	3 miles easy and 6x20 second stride	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	4 Miles	Off/Foam Roll/ Mobility
NOV 18	2 Miles Easy	Walk 20 mins	2 miles and 4x30 second strides	Cross train 30 mins either bike/swim/walk	Off/ Active Recovery	2 miles and 4x30 second strides	RACE 13.1

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BEGINNER



1. The 11 week training period begins the week of September 9th.
2. For beginner runners, don't feel you need to run the entire time. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minute walk then progress to X minutes of running and Y minutes of walking. (ex. Run 2 minutes, walk 2 minutes). You'll notice that early on in the schedule, run/walks are built into the schedule! Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go with experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.
3. If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 minute mile, stay out for 24 minutes.
4. This schedule includes 3 running days, 2 cross-training days, and 2 rest days. Cross training helps to develop and maintain aerobic endurance without extra pounding on your joints and muscles. Good options include swimming, biking, walking briskly, etc. Experiment with which option feels best for you and get to work!
5. The long distances on Saturdays are the key workouts. Again, do not worry about the distance—just run or walk for time. These events should be slow! You should be able to carry a reasonable conversation without huffing and puffing. Again, if Saturday is not convenient for your long run or walk, move it to a different day and adjust the rest of your schedule accordingly.
6. Change days of the week that you run on to work what's best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule.
7. Strength training and mobility are important for runners. There are tons of YouTube videos with both strength and mobility routines that you can follow that are free and easy to do at home if you do not have access to a gym!
8. You'll notice strides are listed once per week for most of the schedule. So what is a stride? To run faster, we have to practice running faster! Strides are a simple way to build some speed and reinforce good form by doing just that. After your run, stop and take a few moments to breathe, walk, do some simple form drills. Then you'll "stride out" (i.e. run fast) for 20 seconds. These are not all-out sprints, but close to that, just more controlled. For strides, get up to 80-90% of how fast you would run a sprint. After the stride, stop and recover by walking around for 30-60 seconds before beginning the next one.
9. The weekend of October 25th is our Wicked 10K. This is a great option to break up some of the long runs and get used to racing!
10. Have FUN and see you in 11 weeks!