I WILL RUN

13.1 miles

Half Marathon Training Guide

Running is simple—everyone knows how to run. But to run *13.1 miles straight* will take a bit of training. And we're here to help! Check out the tips and suggestions for training and race day success. We've also developed training plans and resources to help you get in running shape.

If you have any questions, please contact us at run@AsOurOwn.org.

Choose Your Training Plan

Now that you've selected your race, it's time to begin your training plan to get you to the finish line.

Base Training Plan (page 5)
Use this plan to build your base fitness level in just six weeks! Prepares you for either of the half marathon training plans.

Half Marathon Training Plan (page 6)
Use this plan to run all 13.1 miles at any pace!

Half Marathon Run/Walk Training Plan (page 7)
Use this plan to run/walk the race! Alternate between running and walking intervals.

HALF MARATHON BASICS

Many of you are new to running, and we want to make sure you start off on the right foot. So let's talk basics.

> Shoes. Invest in high-quality running shoes. A running specialty store will fit you with a pair you—and your feet—will be happy with come race day.

> Fear. You may wonder if you can actually complete a 13.1 mile race. Yes. You can. Most races allow four hours for a half marathon; that's 18 minutes per mile. At this pace, both beginning runners and brisk walkers can finish within the allotted time.

> Training Log. You may want to record your training for the race (distance, splits, pace, how it felt, weather conditions). Use a notebook, track it electronically, or log it into a free Web site (mapmyrun.com, LogYourRun.com, etc.).

> Gear. Wear whatever exercise clothing you are comfortable in. Wear a watch or GPS to track your time, pace, and distance.

Run This Way

Warm Up

A short run (10–15 minutes) at an easy pace, completed before a workout; used to get the blood moving to prepare your muscles and lungs for running.

Cool Down

A short run (10–15 minutes) at an easy pace, completed after a workout; used to clear out acid build up in the muscle and help return your heart rate to normal.

Splits

This refers to the time run during each mile stretch of a race or run. For 3.1 miles, there are three splits: split 1 = mile 1, split 2 = mile 2, and split 3 = final 1.1 miles.

Easy Run

A run of any length that is easy and comfortable to complete. A general rule of thumb: you should be able to carry on a conversation.

Long Run

A run of considerable length completed once a week; lengthen by adding one mile per week until the week before the race.

Intense Run

A run of any length that pushes you physically. You should not be able to carry on a conversation, but it is not an all-out sprint.

Pace

The time (in minutes and seconds) it takes you to complete one mile; also the average pace per mile over the length of your run or race.

Rest Day

A day with no workout so that your body can recover.

Distance

This is the total ground covered during a run. If the schedule says "3 miles easy," then you need to: (1) find a route that equals 3 miles, or (2) run 3 miles on a treadmill, or (3) run 12 laps around a 400-meter track. Whatever the choice, run at an easy pace.

Half Marathon	Marathon	5K	10K
13.1 miles	26.2 miles	3.1 miles	6.2 miles

> " I believe that God made me for a purpose. But He also made me fast, and when I run, I feel His pleasure. "
>
> —Eric Liddell, Scottish Missionary and Olympian Runner

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Intense Workout Options

Choose one of the following intense workout options for your run each Thursday.

In a 3-mile workout, a 10-minute pace would allow you to run 1 mile for your warm up and 1 mile for your cool down, leaving 1 mile or so for your intense workout. As the total distance increases each week, so will the intense portion of your workout.

Fartlek

A running workout alternating pace between easy and intense. Example >> warm up; increase to a moderately intense pace for a few minutes (working hard but not sprinting); alternate easy/intense; cool down.

Hills

A running workout done on hills. Example >> run a hilly route OR run loops on one longer hill (warm up; complete 5–7 hill repeats: intense effort up/easy effort down; cool down.)

Interval

A running workout with a series of shorter distances run at intense pace. These can be completed on a treadmill, a track, or on the road. Example >> warm up; complete the intervals, resting a few minutes between each; cool down.

Tempo

A running workout completed at a sustained, faster pace than your intended race pace. This sort of workout will stretch you so that race pace feels more comfortable on race day. Example >> warm up and transition right into your workout, increasing your pace to 20 seconds faster than goal race pace; cool down.

OVERALL FITNESS

Core Exercises
These are targeted exercises to strengthen your body's core muscle groups—stomach, back, arms, chest, legs. A strong core helps with running form and endurance.

Cross Training
A non-running, aerobic exercise (biking, swimming, etc.). Increasing overall fitness will increase your running endurance.

Strength Training
A workout completed using light weights to tone and build muscle.

Stretching
A non-running routine completed before and/or after workouts to warm up or cool down muscles.

Racing Info & Tips

Pre-Race

> Sleep. Get extra sleep the week before your race.

> Hydrate. Drink plenty of fluids the day before and the morning of the race.

> Gear Prep. Gather everything the night before: clothes, watch, hat, sunglasses, sunscreen, anti-chaffing balm, energy supplements, gear bag, and race bib and chip.

> Pre-Race Meal. Eat an early dinner the night before; pasta is a great choice!

RACE DAY

Give yourself plenty of time to wake up, get dressed, and complete your morning routine.

Meet with the As Our Own Team before the race! Check with your team leader for the designated spot.

Get to the race site at least an hour before start time. Allow enough time to arrive, check your gear, use the bathroom, and navigate the crowds.

When the race starts, adrenaline will be in full swing! **Pace yourself** so you can finish strong.

Take water at each stop during the race, even if it's just a sip. If it's a warm day, sip some and pour the rest over your head!

Race Lingo

Bib >> paper number worn during the race
Most races request that bibs are pinned on the front of shirts to help them monitor runners—and to help you find race-day photos which are searchable by bib number!

Chip >> electronic tracker associated to your name and bib number
It logs your progress during the race as you cross over tracking mats. Chips are on the back of your bib or you must fasten a plastic chip to your shoe.

Start Corrals >> a way to ease crowding by grouping runners by ability and staggering the start times
If start corrals are used in your race, your corral assignment will be in your race packet. Chips allow for staggered starts because your chip records your individual start and finish times.

Goo/Gel. This is a single-serve energy substance of pudding-like consistency consumed on long runs or long races. Research shows that more than 60 minutes of exercise depletes glycogen—making you feel weary. Sample supplements in training to see what works.

Before starting any training program, it is important to consult your physician. Please note that all of these resources are provided for your convenience—we are not licensed trainers. You may want to review your training plan with a training consultant to make sure these suggestions will be of benefit to you.

Base Training Plan

For those of you who are not yet confident in running 30 minutes straight, we've included this six-week training plan to build your base fitness. Following this schedule prior to starting the ten-week half marathon training schedule will improve your endurance and fitness, making the half marathon training easier on your body.

This plan has you building your running base by alternating between running a few minutes and walking a few minutes. For example, in Week 1, Monday's workout interval is run 2 minutes, walk 1 minute—you'll do that for 21 minutes.

After six weeks, it's time to test your fitness level with a 5K! This is the exciting part—seeing the result of all your hard. You can find a local 5K race to complete or you run it on your own. The test run will help you assess how long it will take you to complete your half marathon—just take your 5K time and plug it into the half marathon pace-predictor chart: www.runnersworld.com/pacecalculator. Then, it's time to move on to one of the Half Marathon Training Plans!

week	m	t	w	t	f	s	s
1	**21 min** run 2/walk 1	**30 min** stroll	**24 min** run 2/walk 1	**30 min** run 2/walk 1	rest	**36 min** run 2/walk 1	**30 min** cross training
2	**24 min** run 3/walk 1	**30 min** stroll	**32 min** run 3/walk 1	**36 min** run 3/walk 1	rest	**40 min** run 3/walk 1	**30 min** cross training
3	**30 min** run 4/walk 1	**30 min** stroll	**35 min** run 4/walk 1	**40 min** run 4/walk 1	rest	**5 min** run 4/walk 1	**30 min** cross training
4	**35 min** run 4/walk 1	**30 min** stroll	**40 min** run 4/walk 1	**45 min** run 4/walk 1	rest	**50 min** run 4/walk 1	**30 min** cross training
5	**40 min** run 5/walk 1	**30 min** stroll	**45 min** run 5/walk 1	**55 min** run 5/walk 1	rest	**60 min** run 5/walk 1	**30 min** cross training
6	**48 min** run 5/walk 1	**30 min** stroll	**42 min** run 5/walk 1	**30 min** stroll	rest	**3.1 miles** 5k test run	rest

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Half Marathon Training Plan

This is it! The start of your half marathon journey. We've prepared a basic ten-week training schedule that includes easy and intense days, workouts, and rest days. Feel free to rearrange the workouts within each week to fit your schedule, just be sure you have at least one complete rest day (no activity) and one cross training day per week.

Thursdays are hard workout days. You can choose between one of the intense workouts (Fartlek, Hill, Tempo, Interval) described in our guide. Complete these to the best of your ability—you should find them easier to complete as the training progresses.

Saturdays are long run days—you'll see that Saturday's distance increases slowly in the first month, then increases by one mile per week, capping out at 10 miles the week before the race. If you are able to easily run 4 miles at the start of your training, feel free to adjust the increases for the long run distance to match your fitness level. Example >> Week 1 long distance = 5 miles, then increase by a mile each week; on this schedule, Week 9 long distance = 13 miles—or taper down to 10 miles.

week	m	t	w	t	f	s	s
1	3 miles easy	30 min cross training	strength & core	3 miles intense	rest	4 miles easy	30 min cross training
2	3 miles easy	2 miles easy	strength & core	3 miles intense	rest	4 miles easy	30 min cross training
3	3.5 miles easy	2 miles easy	strength & core	3.5 miles intense	rest	5 miles easy	30 min cross training
4	3.5 miles easy	2 miles easy	strength & core	3.5 miles intense	rest	5 miles easy	30 min cross training
5	4 miles easy	2 miles easy	strength & core	4 miles intense	rest	6 miles easy	30 min cross training
6	4.5 miles easy	3 miles easy	strength & core	4.5 miles intense	rest	7 miles easy	30 min cross training
7	4.5 miles easy	3 miles easy	strength & core	4.5 miles intense	rest	8 miles easy	30 min cross training
8	5 miles easy	3 miles easy	strength & core	5 miles intense	rest	9 miles easy	30 min cross training
9	5 miles easy	3 miles easy	strength & core	5 miles intense	rest	10 miles easy	30 min cross training
10	3 miles easy	3 miles easy	30 min cross training	2 miles easy	rest	half marathon race weekend!	

Half Marathon Run/Walk Training Plan

This is it! The start of your half marathon journey. We've prepared a basic ten-week training schedule that will help you run/walk the race. Many racers use a run/walk strategy to complete the whole course well under the minute-per mile race maximum. That maximum pace is actually just a brisk walk—most people could walk the entire course and still finish in time. Check your race information to see how long the course will be open. Most races allow up to four hours; that's 18 minutes per mile.

This plan has you building your running base by alternating between running a few minutes and walking a few minutes. For example, in Week 1, Monday's workout is a series of intervals (run 2 minutes, walk 2 minutes) and you'll do that

for 1 mile. These workouts will increase in length and the interval times will also increase, building your endurance and fitness.

Twice a week you will take an easy walk—a Stroll. This would be comfortable, easy walking. The purpose is simply to be out walking around.

Once a week you will complete a Power Walk. This is a very brisk walk. The purpose is to increase your heart rate and stretch your endurance.

Feel free to rearrange the workouts within each week to fit your schedule, just be sure you have at least one complete rest day (no activity) per week.

week	m	t	w	t	f	s	s
1	1 mile run 2/walk 2	30 min stroll	30 min power walk	1.5 miles run 2/walk 2	rest	2 miles run 2/walk 2	30 min stroll
2	1 mile run 2/walk 2	30 min stroll	30 min power walk	2 miles run 2/walk 2	rest	3 miles run 2/walk 2	30 min stroll
3	2 miles run 3/walk 3	30 min stroll	30 min power walk	2.5 miles run 3/walk 3	rest	4 miles run 3/walk 3	30 min stroll
4	2 miles run 3/walk 3	30 min stroll	30 min power walk	3 miles run 3/walk 3	rest	5 miles run 3/walk 3	30 min stroll
5	3 miles run 4/walk 4	30 min stroll	30 min power walk	3 miles run 4/walk 4	rest	6 miles run 4/walk 4	30 min stroll
6	3 miles run 4/walk 4	30 min stroll	30 min power walk	3 miles run 4/walk 4	rest	7 miles run 4/walk 4	30 min stroll
7	3 miles run 4/walk 4	30 min stroll	30 min power walk	4 miles run 4/walk 4	rest	8 miles run 4/walk 4	30 min stroll
8	4 miles run 5/walk 5	30 min stroll	30 min power walk	4 miles run 5/walk 5	rest	9 miles run 5/walk 5	30 min stroll
9	4 miles run 5/walk 5	30 min stroll	30 min power walk	5 miles run 5/walk 5	rest	10 miles run 5/walk 5	30 min stroll
10	3 miles run 5/walk 5	30 min stroll	30 min stroll	2 miles run 5/walk 5	rest	**half marathon race weekend!**	

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