As Our Own Racing

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! With a little planning and lots of inspiration, your half marathon will be a great experience.

13.1 miles

And we're here to help! Check out the tips and suggestions for training and race day success, as well as the glossary of running terms so you know your Fartleks from your Intervals. We've also developed training programs and resources to help you get in running shape for race day.

If you have any questions about As Our Own Racing, please contact us at run@AsOurOwn.org.

Choose Your Training Plan

Now that you've selected your race, it's time to organize your training plan to get you to the finish line. We've developed three training plans to help you get started.

Build Your Base

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

Run a Half Marathon

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

Run/Walk a Half Marathon

Use this Run/Walk Half Marathon Training Plan to run/walk the race!

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. Don't worry—with a steady commitment to one of our training plans, you'll arrive at the start line confident and prepared!

> 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 in your calendar, or log it into a free Web site (mapmyrun.com, LogYourRun.com, etc.).

> Gear. Wear whatever exercise clothing you are comfortable in. Use any sort of watch to track your time; some runners invest in a tracking watch that automatically calculates pace and distance (such as a Garmin or Polar)—a great gadget but not necessary.

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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 Check.** Gather everything the night before: clothes, shoes, socks, watch, visor or hat, sunglasses, sunscreen, lip balm, anti-chaffing balm, energy supplements, drinks, gear bag, and race bib and chip.

> **Pre-Race Pasta.** Eat an early dinner the night before; pasta is a great choice! Consider attending the As Our Own pre-race meal.

RACE DAY

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

Meet with the As Our Own Racing 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. Some races require runners to be in the corrals 30–45 minutes before the start, so give yourself 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 have enough energy for a strong finish.

Take water at each stop during the race, even if it's just a sip. If it's a warm day, you may want to sip some water 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.