



Beginner Half Marathon Training Program

The Beginner Half Marathon Program is best suited for those who have been running at least three times per week for 3-4 miles for at least 6 months. If you are running less, now worries- consider the "Run-Walk" Program.

DAY MODE INTENSITY I-RATE SYSTEM HEART RATE	Monday Run	Tuesday Cross-Training +ST	Wednesday Rest	Thursday Cross-Training +ST	Friday Rest/Run	Saturday Run	Sunday Rest Day
	Easy Effort 6-7 65-75%	Moderate Effort 7+ 70-75%	Moderate Effort 7-8 75-80%	Moderate Effort 7+ 70-75%	Easy Effort 6-7 65-75%	Conversational Effort 7+ 70-75%	:)
WEEK 1 March 04, 2012	30 minutes	30-45 minutes	35 minutes	30-45 minutes	Rest	4 miles	Rest
WEEK 2 March 11, 2012	30 minutes	30-45 minutes	35 minutes	30-45 minutes	Rest	5 miles	Rest
WEEK 3 March 18, 2012	35 minutes	30-45 minutes	35 minutes	30-45 minutes	Rest	5 miles	Rest
WEEK 4 March 25, 2012	35 minutes	30-45 minutes	40 minutes	30-45 minutes	30 minutes	6 miles	Rest
WEEK 5 April 01, 2012	35 minutes	30-45 minutes	40 minutes	30-45 minutes	Rest	7 miles	Rest
WEEK 6 April 08, 2012	35 minutes	30-45 minutes	45 minutes	30-45 minutes	30 minutes	5 miles	Rest
WEEK 7 April 15, 2012	40 minutes	30-45 minutes	45 minutes	30-45 minutes	30 minutes	8 miles	Rest
WEEK 8 April 22, 2012	40 minutes	30-45 minutes	50 minutes	30-45 minutes	30 minutes	9 miles	Rest
WEEK 9 April 29, 2012	40 minutes	30-45 minutes	50 minutes	30-45 minutes	Rest	6 miles	Rest

WEEK 10 May 06, 2012	40 minutes	30-45 minutes	50 minutes	30-45 minutes	30 minutes	10 miles	Rest
WEEK 11 May 13, 2012	45 minutes	30-45 minutes	60 minutes	30-45 minutes	30 minutes	7 miles	Rest
WEEK 12 May 20, 2012	45 minutes	30-45 minutes	60 minutes	30-45 minutes	30 minutes	11 miles	Rest
WEEK 13 May 27, 2012	45 minutes	35 minutes	45 minutes	35 minutes	Rest	6 miles	Rest
WEEK 14 June 03, 2012	40 minutes	30 minutes	35 minutes	30 minutes	Rest	Hospital Hill Run Half Marathon	Rest

Recovery Week 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	3 miles	Rest
Recovery Week 2	40 minutes	Cross-Train 30 min	Rest	40 minutes	Cross-Train 30 min	5 miles	Rest
Recovery Week 3	45 minutes	Cross-Train 40 min	Rest	45 minutes	Cross-Train 40 min	6 miles	Rest
Recovery Week 4	50 minutes	Cross-Train 40 min	Rest	50 minutes	Cross-Train 40 min	7 miles	Rest

Warm-up: walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.
Cool-down: walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.
Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.
Heart Rate= Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.
I-Rate= Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level.
Use this system to stay in the smart training range listed on the training program (i.e. 6-7)