



Run-Walk Half Marathon Training Program

*The "Run-Walk" Training Program is best suited for first-time half marathoners with a base of less than 10-12 miles per week, those who are new to running, injury prone, or that love run-walking.

DAY MODE INTENSITY I-RATE SYSTEM HEART RATE	Monday Run-Walk Easy Effort 6-7 65-75%	Tuesday Cross-Training +ST Moderate Effort 7+ 70-75%	Wednesday Run-Walk Easy Effort 6-7 65-75%	Thursday Cross-Training +ST Moderate Effort 7+ 70-75%	Friday Run-Walk/Rest Moderate Effort 7+ 70-75%	Saturday Run-Walk Conversational Effort 7+ 70-75%	Sunday Rest Day
WEEK 1 March 11, 2012	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-45 minutes	Rest	3 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 2 March 18, 2012	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-45 minutes	Rest	4 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 3 March 25, 2012	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	4 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 4 April 01, 2012	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	5 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 5 April 08, 2012	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-45 minutes	45 minutes Run 3 min/Walk 2 min Repeat 9 times	30-45 minutes	Rest	4 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 6 April 15, 2012	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-45 minutes	45 minutes Run 3 min/Walk 2 min Repeat 9 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	6 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 7 April 22, 2012	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-45 minutes	50 minutes Run 3 min/Walk 2 min Repeat 10 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	7 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 8 April 29, 2012	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-45 minutes	50 minutes Run 3 min/Walk 2 min Repeat 10 times	30-45 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	8 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 9 May 06, 2012	45 minutes Run 4 min/Walk 1 min Repeat 9 times	30-45 minutes	50 minutes Run 3 min/Walk 2 min Repeat 10 times	30-45 minutes	Rest	6 miles Run 4 min/Walk 1 min Repeat continuously	Rest

WEEK 10 May 13, 2012	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-45 minutes	54 minutes Run 4 min/Walk 2 min Repeat 9 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	9 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 11 May 20, 2012	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-45 minutes	54 minutes Run 4 min/Walk 2 min Repeat 9 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	10 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 12 May 27, 2012	48 minutes Run 5 min/Walk 1 min Repeat 8 times	30-45 minutes	50 minutes Run 4 min/Walk 1 min Repeat 10 times	30-45 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	6 miles Run 5 min/Walk 1 min Repeat continuously	Rest
WEEK 13 June 03, 2012	42 minutes Run 5 min/Walk 1 min Repeat 7 times	30 minutes	30 minutes Run 4 min/Walk 1 min Repeat 6 times	15-20 minutes	Rest	Hospital Hill Run Half Marathon Run-Walk 5/1	Rest
Recovery Week 1	Rest	XT 20 minutes	Rest	XT 30 minutes	Rest	3 miles R/W: 4/2	Rest
Recovery Week 2	42 minutes R/W: 4/2	30 minutes	Rest	42 minutes R/W: 4/2	30 minutes	4 miles R/W: 4/1	Rest
Recovery Week 3	40 minutes R/W: 4/1	40 minutes	Rest	40 minutes R/W: 4/1	40 minutes	5 miles R/W: 4/1	Rest
Recovery Week 4	45 minutes R/W: 4/1	40 minutes	Rest	45 minutes R/W: 4/1	40 minutes	6 miles R/W: 4/1	Rest

Warm-up: walking 5 minutes at an easy pace prior to every walk-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 walk-run workout to gradually bring heart rate and breathing back to normal levels.

i-Rate Scale: A way to rate your effort level by your perception or 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)

Heart Rate: If you have a heart rate monitor, maintain a range between the prescribed percentages...i.e.65-75% of estimated maximum heart rate.

Run-walk workout warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minute - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

Easy Pace: Easy to moderate pace at 70-75% of maximum heart rate or an iRate level of 7+. A pace you could go at for along time easily.

Moderate Pace: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

Endurance Run= The Endurance Run should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily.

Heart rate zone of 65-75% of maximum or i-Rate of 6-7.

Hill Training: There are a variety of ways to prepare for the hills on race day. Running a random hill course on the treadmill, hill repeats on one longish hill that takes you at least 30 seconds to climb, running a hilly route in your neighborhood, or even parking lot ramps (be careful). If you are new to hills and running,include one hill workout per week on Mondays. If you run-walk on hills frequently, run-walk the longer workout on a hilly course as well. Watch the video How to Make Friends with Hills - to learn how to train and race a hilly course - it's not as hard as you may think! A great way to train and race for a run-walker is to power walk the uphill and run the downhill. You'll pass people and they'll wonder what your secret is...

Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer, or stairmaster] or strength train after walk-running. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, work with a personal trainer, perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.