

## HOSPITAL HILL RUN TRAINING SCHEDULE

### Schedule - Novice Run

This training schedule is designed for those athletes who (i) are new to running, (ii) have not been involved in consistent athletic endeavors during that time or (iii) have not previously run a half marathon.

You should follow this training program if you have been running regularly (at least 3-4 times per week), during the last 6 months to a year, but your average weekly mileage is less than 15 miles per week. You should also follow this training program if you are unable to run at least 5 miles continuously and consistently.

To read the workout key, the workouts for running on Mondays and Wednesdays are primarily time based. For example, the workout for Monday reads 30 minutes. Beneath the time intervals is a parenthetical reference to mileage. These are inserted for the benefit of those who run at a pace per mile which is faster than 10 minutes. The distance listed is the maximum distance to run within the time intervals. For example, under Monday in Week 1, you would run for either 30 minutes or 3 miles, whichever comes first.

The goal of athletes following either of these training programs is to complete a half marathon.



<u>Week</u>	<u>Monday</u> (Easy)	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u> (Easy)	<u>Thursday</u> (Cross Train)	<u>Friday</u>	<u>Saturday</u> (Long)	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	4 Miles	Rest	March 7, 2010
2	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	5 Miles	Rest	March 14, 2010
3	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	6 Miles	Rest	March 21, 2010
4	30 Minutes (3 Miles)	30 - 40 Minutes	30 Minutes (3 Miles)	30 - 40 Minutes	Rest	4 Miles	Rest	March 28, 2010
5	35 Minutes	30 - 40	35 Minutes	30 - 40	Rest	7 Miles	Rest	April 3, 2010

	(4 Miles)	Minutes	(4 Miles)	Minutes				
6	35 Minutes (4 Miles)	30 - 40 Minutes	45 Minutes (4 Miles)	30 - 40 Minutes	Rest	8 Miles	Rest	April 11, 2010
7	45 Minutes (4 Miles)	30 - 40 Minutes	45 Minutes (4 Miles)	45 - 50 Minutes	Rest	6 Miles	Rest	April 18, 2010
8	45 Minutes (4 Miles)	30 - 40 Minutes	45 Minutes (5 Miles)	45 - 50 Minutes	Rest	9 Miles	Rest	April 25, 2010
9	50 Minutes (5 Miles)	30 - 40 Minutes	50 Minutes (5 Miles)	45 - 50 Minutes	Rest	10 Miles	Rest	May 2, 2010
10	45 Minutes (4 Miles)	35 - 45 Minutes	50 Minutes (4 Miles)	45 - 50 Minutes	Rest	8 Miles	Rest	May 9, 2010
11	50 Minutes (5 Miles)	35 - 45 Minutes	50 Minutes (5 Miles)	45 - 50 Minutes	Rest	11 Miles	Rest	May 16, 2010
12	45 Minutes (4 Miles)	35 - 45 Minutes	45 Minutes (4 Miles)	45 - 50 Minutes	Rest	8 Miles	Rest	May 23, 2010
13	35 Minutes (3 Miles)	35 - 45 Minutes	35 Minutes (3 Miles)	45 - 50 Minutes	Rest	6 Miles	Rest	May 30, 2010
14	30 Minutes (3 Miles)	30 Minutes	30 Minutes (3 Miles)	Rest	Rest	13.1 Miles <b>RACE DAY!</b>	Rest	June 6, 2010