

# Half Marathon Group 2 Run/Walk Training Program

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Aug 31- Sep 6	Off	3 mile run/walk	Cross Train	2 mile run/walk	2 mile run/walk	Off	3 mile run/walk	10
Sep 7-13	Off	3 mile run/walk	Cross Train	3 mile run/walk	2 mile run/walk	Off	4 mile run/walk	12
Sep 14- 20	Off	3 mile run/walk	Cross Train	3 mile run/walk	2 mile run/walk	Off	5 mile run/walk	13
Sep 21- 27	Off	3 mile run/walk	Cross Train	3 mile run/walk	2 mile run/walk	Off	6 mile run/walk	14
Sep 28- Oct 4	Off	<b>Tempo 4x6 min 3 miles</b>	Cross Train	3 mile run/walk	Off or Cross Train	Off	4 mile run/walk	10
Oct 5-11	Off	<b>Tempo 3x8 min 4 miles</b>	Cross Train	2 mile run/walk	4 mile run/walk	Off	7 mile run/walk	17
Oct 12-18	Off	<b>Tempo 2x10 min 4 miles</b>	Cross Train	3 mile run/walk 5x30 sec Strides	4 mile run/walk	Off	8 mile run/walk	19
Oct 19-25	Off	<b>Tempo 2x12 min 4 miles</b>	Cross Train	3 mile run/walk 8x30 sec Strides	OFF	<b>Gecko 5K</b>	6 mile run/walk	16
Oct 26- Nov 1	Off	<b>Tempo 2x15 min 4 miles</b>	Cross Train	3 Miles 10x30 sec Strides	4 mile run/walk	Off	9 mile run/walk	20
Nov 2-8	Off	<b>Tempo 2x15 min 4 miles</b>	Cross Train	3 Miles 10x30 sec Strides	4 mile or OFF	<b>SCR 15K OR OFF</b>	10/4	21/20
Nov 9-15	Off	<b>Tempo 1x20 min 4 miles</b>	Cross Train	3 Miles 10x30 sec Strides	4 mile or OFF	Off	11 mile run/walk	22

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Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Nov 16-22	Off	<b>Tempo 1x20 min 4 miles</b>	Cross Train	3 Mlles 10x30 sec Strides	4 Miles	Off	12 mile run/walk	23
<b>Nov 23-29 RACE WEEK</b>	Off	<b>Tempo 1x10min 2 miles</b>	Cross Train	3 Mlles 10x30 sec Strides	2 Miles	Off	<b>SC 1/2 Marathon</b>	<b>20</b>

## NOTES/DEFINITIONS

**Strides** - Strides exercise your fast twitch muscles without causing lactic buildup. Run your strides at your 5K pace taking a full recovery between each stride. Full recovery=walk or easy run before starting the next stride.

**Tempo** - Tempo runs are steady, moderately prolonged runs with a brief recovery between efforts. Recovery should be between 2-4 minutes depending on the length of the effort. Shorter effort=shorter recovery. Check the Pace Chart sent you for your tempo pace. As example, if your 2 mile TT was 18:00, your Tempo pace/mile is 10:10.

If you have no way of determining your Tempo pace a more subjective definition is run "comfortably hard".

**Schedule for Nov 2-8.** I've included the Space Coast 15K for a race or training workout. If you do the race take the day before OFF and run 4 on Sunday. If you do not do the race run 4 on Friday take Saturday OFF and run 10 on Sunday.