WEEKS 1-6 | INTERMEDIATE HALF MARATHON TRAINING PLAN



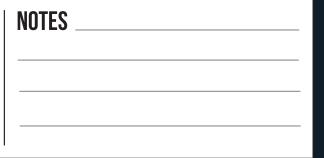
MON	TUES	WED	THURS	FRI	SAT	SUN
3 Miles	3 Miles & 4 Strides	OFF or 30 min. XT	4 Miles	2 Miles	6 Miles	OFF or 30 min. XT
3 Miles	4 Miles & 4 Strides	OFF or 30 min. XT	4 Miles	3 Miles	<mark>,</mark> 7 Miles	OFF or 30 min. XT
9 Miles	4 Miles & 4 Strides	OFF or 30 min. XT	5 Miles	• 3 Miles	8 Miles	OFF or 30 min. XT
4 Miles	4 Mile Progression & 4 Strides	OFF or 30 min. XT	5 Miles	3 Miles & 4 Strides	9 Miles Progression	OFF or 30 min. XT
4 Miles	5 Mile Up-tempo Over Hills & 4 Strides	OFF or 30 min. XT	5 Miles	3 Miles & 4 Strides	1 0 Miles	OFF or 30 min. XT
3 Miles	4 Miles & 4 Strides	OFF or 30 min. XT	e 4 Miles	3 Miles & 4 Strides	8 Miles Easy	Rest Day

TIPS

• View the race map to plan your hydration and nutrition stops; alternate your intakes every 30-45 minutes during the race.

• If you are traveling to the race, ensure you have supportive shoes to wear around town outside of your runs.

• Doing a 5-10 minute warmup jog, dynamic stretches, and 4-6 strides over half an hour ahead of the race will help you feel warmed up and stretched out.



WEEKS 7-12 | INTERMEDIATE HALF MARATHON TRAINING PLAN

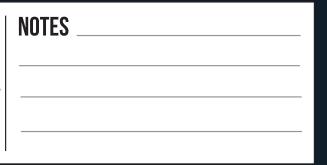
			EMC INSURANCE COMPANIES			
MON	TUES	WED	THURS	FRI	SAT	SUN
9 Miles	5 Mile Up-tempo Over Hills & 4 Strides	OFF or 30 min. XT	5 Miles	3 Miles	• 11 Miles	OFF or 30 min. XT
4 Miles	1 WU 3 Mile 3-2 Fartlek 1 CD & 4 Strides	OFF or 30 min. XT	5 Miles	4 Miles	12 Mile Progression	OFF or 30 min. XT
4 Miles	6 Mile Progression & 4 Strides	OFF or 30 min. XT	6 Miles	4 Miles & 4 Strides	13 Mile Progression	OFF or 30 min. XT
5 Miles	6 Mile Uptempo Over Hills & 4 Strides	Rest Day	6 Miles	4 Miles & 4 Strides	12 Miles	OFF or 30 min. XT
4 Miles	1 WU 4 Mile 3-2 Fartlek 1 CD & 4 Strides	OFF or 30 min. XT	4 Miles	4 Miles & 4 Strides	8 Miles	Rest Day
3 Miles	5 Miles & 4 Strides	Rest Day	4 Miles	3 Miles Shakeout & 4 Strides	RACE DAY	

TIPS

• View the race map to plan your hydration and nutrition stops; alternate your intakes every 30-45 minutes during the race.

• If you are traveling to the race, ensure you have supportive shoes to wear around town outside of your runs.

• Doing a 5-10 minute warmup jog, dynamic stretches, and 4-6 strides over half an hour ahead of the race will help you feel warmed up and stretched out.



Contact Lindsey@FitnessSports.com for questions or for an individual plan!

EMC DAM TO DSM | HALF MARATHON

EXAMPLE 7

STRIDES

- Begin after your heartrate has slowed post-run
- Generally 80-100 meters long

• Endurance cross training

cycling, and elliptical

Zones 2 or 3.

• 85-90% of sprint pace, focused on good form

PROGRESSION

- Run begins at an easy warmup jog pace
- Pace gradually increases each half mile or so by 5-10 seconds/mile
- Goal pace by the last mile is tempo effort (about 90% of expected race pace & HR in Zone 4)

UPTEMPO OVER HILLS

• Pick a hilly route or utilize the incline on a treadmill

- Flat/downhill portions of your run are an easy jog
- Uphill portions are an area to surge and increase pace!

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• The best options are aquajogging, swimming,

• HR Zone 1 is listed, but can be pushed into

• If on a treadmill, alternate every 1-2 minutes with an incline of 5%

FARTLEK

- Varying pace between an easy jog & tempo effort (see above)
- Example : 3-2 is 3 minutes at tempo effort and 2 minutes at recovery jog pace for the provided amount of mileage

WU & CD

- WU = Warmup (should be in Zones 1-2)
- CD = Cool Down (should be in Zones 1-2)
- Post-warmup dynamic stretches and post cooldown static stretching will help reduce soreness and injury risk

HEART RATE ZONES

- Zone 1: 50% 60% of maximum heart rate
- Zone 2: 60% 70% of maximum heart rate
- Zone 3: 70% 80% of maximum heart rate
- Zone 4: 80% 90% of maximum heart rate
- Zone 5:90% 100% of maximum heart rate

CALCULATE YOUR MAXIMUM HEART RATE

Subtract your age from the number 220.

i.e. Age 40 : 220 - 40 = 180 beats per minute (can be a range of ~5-10 bpm)

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