



Half Marathon – Novice

This 24-week training plan is for the individual who is already able to run at least 3 miles and has been training regularly for 3 months. The focus of the plan is to provide a systematic approach to **running** regularly to achieve the initial goal of finishing a half marathon and/or setting the stage for more extensive training (i.e., longer or faster runs) in the future.

Guidelines: To maximize the training effect be sure to exercise for the amount of time and the number of days recommended for each week long progression. Be careful that you keep your heart rate in the appropriate intensity zone specified in the description. See Zone training information in attachments. Always start your exercise sessions with a 5-10 minute warm-up and complete your sessions with at least a 5 minute cool down.

If you participate in less than 3 sessions of the prescribed running program for a given week then you should plan to repeat that week before moving on in the progression.

This running program will include 4 days of running each week. If you find that this frequency is excessive then you can reduce the program to 3 times a week. But keep in mind that fewer than 3 run days a week will limit your full training effect and may predispose you to joint or muscle stiffness and possible injury.

Periodization Summary

Phase I – Aerobic and musculoskeletal base training (base 1-2 blocks)

- 1 extensive aerobic (zones 1-2) workout every week. This training can include trail hiking, walk/jogging, and long slow jogging for 60-90 minutes or more.
- 2-3 days/week with shorter goal specific cardio workouts (30-60 minutes) and x-training in zones 1-3. Includes 1 weekly cadence and/or stride drill.
- 2-4 days/week of anatomical adaptation and core strength exercise.

Phase II – Building Phase (build 1-3 blocks)

- Same extensive workout one time a week except for periodic shorter runs during recovery weeks..
- 1-2 days/week of hill training or tempo workouts (zones 3-5)
- 1-2 days/week in LT_{HR} long intervals (zones 3-4)
- Dynamic and sport/activity specific strength training with emphasis on max strength (10-12 repetition max) then max endurance (20 to 30 repetition max) and multi-joint movement patterns specific to training goals including plyometric training.

Phase III – Pre-peak/competition stage ⇨ Peak (4-6 weeks)

- 1 extensive aerobic (zones 1-2) workout every week. This training can include trail hiking, walking, walk/jogging, cycling or slow jogging for 60-90 minutes or more.
- 1-2 days/week of hill training (zone 3-5)
- 1-2 days/week alternating weekly with threshold training intervals and speed intervals (zone 5)
- Dynamic and sport specific strength training with emphasis on strength maintenance, plyometric exercise and multi-joint movement patterns specific to training goals.

Phase IV – Transition (Recovery and transition to new cycle).

