

Advanced Half Marathoner: Goal = Personal Best, Key to training = consistency

Runners should begin this program with at least 6 weeks of consistent base building of 30 miles per week
This program is for the runner wanting to run as close to optimum racing speed as possible.

<u>Weeks</u> <u>Until Race</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	<u>Total</u>
10	rest	6 w/ 2 T	6	6	XT	4	10	32
9	rest	6 w/ 3 T	6	6 HMP	XT	4	10	32
8	rest	6 HMP	6	7	XT	5 or 10k race	12	34
7	rest	7 w/ 3T	6	8	XT	5	13	39
6	rest	8 w/ 4T	6	8 HMP	XT	4	14	40
5	rest	8 HMP	6	8	XT	5	16	43
4	rest	9 HMP	6	8	XT	4	14	41
3	rest	10 HMP	5	8	XT	3	12	38
2	rest	8 w/ 4T	2	6 HMP	XT	3	10	29
1	rest	4 w/ 2 HMP	2	3	rest	2	13.1	24

HMP: Your goal half marathon pace per mile. This run gets your body used to running that pace on race day.

example: 6 HMP = a six mile run at HMP

T: Tempo run: pace should be :30 - :45 sec faster than HMP. This faster running will make HMP seem easier.

example: "6 w/ 3T" = 6 miles with middle 3 at T pace.

Rest days mean rest and recover. Let your body heal from the Sunday long run.

Fridays XT (cross-training) day can be changed to a rest day if needed. Getting to the weekly long run healthy is most important.

Try to find a park or trail for some of your miles. Every mile you can run off the pavement saves some wear and tear on joint and muscles.

Long Run: The key to marathon success. *Some portion of your long run should include HMP running.* The last 30 min. of a long run is a good time to teach your body to handle HMP.

Practice your race day hydration by carrying a water bottle or by leaving fluids along your planned route.

Energy gels and performance drinks should be tested on these long runs to see how your stomach will react.

Pace should be comfortable yet steady.

There are tremendous physical and mental benefits from successfully completing your long runs.

Be sure and rehydrate and refuel after your long run. An ice bath for your legs will speed healing and reduce inflammation.

Lying on the couch for several hours after a long run is NOT a good idea. Muscles and joints will stiffen and the next morning will be even worse. Keep moving throughout the rest of your day.