

**Beginner/ Casual Runner: Goal = Finish, Key to training = consistency**

Runners should begin this program with at least 6 weeks of consistent base building of 15 -20 miles per week

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	<u>Total</u>
<u>Base Building:</u>	rest	3	4	4	XT	3	6	20

<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	4	5	5	XT	4	6	24
9	rest	4	5	6	XT	4	7	26
8	rest	4	5	6	XT	5 /10k race	8	26
7	rest	5	6	7	XT	5	9	32
6	rest	5	6	7	XT	4	10	32
5	rest	5	6	7	XT	4	13	35
4	rest	6	6	7	XT	4	15	38
3	rest	6	7	8	XT	3	13	37
2	rest	6	7	7	XT	3	9	32
1	rest	5	rest	3	rest	2	<b>13.1</b>	23

**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 joints and muscles.

**Long Run:** The key to half marathon success. Find a training partner or group to make this an easier run.

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 easy and manageable. The total time spent moving is more important than pace.

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.

**Racing:** A local 5k or 10k race can be beneficial. It will help build some speed and offer a training yardstick to track improvement.